

Having a Gastroscopy

Gemini Endoscopy Suite
Tel: 01271 349180

Patients name:

Hospital No:

Your appointment is at on

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

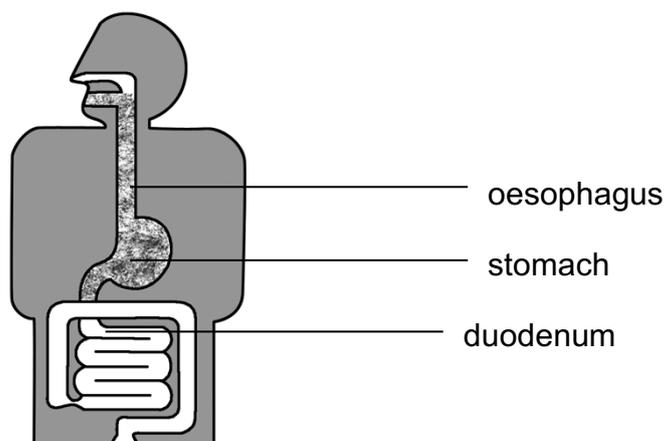
This leaflet will answer many of your questions about your gastroscopy. However, if you would like to speak to someone, please contact the Gemini Endoscopy Suite. The telephone number is at the back of the leaflet.

Why is a gastroscopy needed?

This examination allows us to look directly at the oesophagus (gullet), stomach and round the first bend of the small intestine (duodenum). This means we can check whether any disease is present and will help us find the cause of your symptoms.

What does it involve?

A gastroscope is a thin, flexible tube with a bright light at the end. It is passed through your mouth, down your gullet and into your stomach. The procedure may cause discomfort but should not be painful. During the test, photographs may be taken and also small amounts of tissue which will be examined in the laboratory. The tissue is removed using tiny forceps passed through the gastroscope. You may feel a tugging sensation but no pain.



In order to improve views of the stomach, we may offer you a medication called Simeicone (Infacol). This is taken orally and is mixed with normal water. This medication is widely available in most pharmacies and is normally given to treat infants with Colic. It is not specifically licensed for use in endoscopy. Therefore you will be asked to sign a consent prior to your gastroscopy.

Your procedure will NOT be affected should you choose to decline this medication.

- This procedure can be done with Throat spray (local anaesthetic) and/or Sedation (this is not an anaesthetic, so will not put you to sleep). Sedation is given to help you to relax during the procedure. You may be aware of what is happening but should feel comfortable. You may not remember having the procedure, as the sedation can affect your short-term memory. It will not have a long term or permanent effect.

When you come to the department, a nurse will discuss your gastroscopy with you, to ensure you understand what the procedure involves. The nurse will also explain how you may indicate that you want the test to stop. If you have any allergies or bad reactions to drugs or other tests, please tell the nurse and/or doctor.

How to find us

The Gemini Endoscopy Suite is located on Level 0 at the North Devon District Hospital in Barnstaple.

If you come in through the main hospital entrance, use the lifts or stairs down to Level 0. On leaving the lift, turn right and head for the link corridor. The corridor forms a 'crossroad', take the right turn and follow the corridor up to a double set of doors, through the doors and the Gemini Endoscopy Suite is on your left.

If you come in from the Endoscopy Drop-off Zone, go through the blue door and the entrance to the Gemini Endoscopy suite is directly opposite.

Special precautions

If you are taking any of the following medications, please contact the Gemini Endoscopy Suite as soon as possible, on 01271 349180 before you come into hospital.

- | | |
|----------------------|----------------------|
| ○ Warfarin | ○ Apixaban |
| ○ Rivaroxaban | ○ Clopidogrel |
| ○ Dabigatran | ○ Prasugrel |
| ○ Edoxaban | ○ Ticagrelor |

If you are taking acid reducing medicine such as **Omeprazole (Losec)**, **Esomeprazole (Nexium)**, **Lansoprazole (Zoton)**, **Pantoprazole (Protium)**, **Rabeprazole (Pariet)**, please **stop taking** these two weeks before your appointment.

However, please **continue to take your medication** if you:

- have severe symptoms,
- have anaemia,
- have suspected bleeding,
- are having a repeat gastroscopy to check ulcer healing or
- have barretts oesophagus.

If you have any problems, please contact your GP.

You may take over the counter antacids such as Gaviscon, Maalox or peptic.

If you are taking diabetic medication (insulin or tablets) and need advice, please contact the Diabetic Liaison Nurse on 01271 322726.

- If you have any allergies or bad reactions to drugs or other tests, please tell the nurse on admission and/or doctor.

The day of your procedure

In order to get good views of your upper gastro-intestinal tract you must STOP EATING 6 hours before your appointment time.

Continue to drink clear fluids until two hours prior to your appointment time. For those two hours it is necessary to remain **nil by mouth** until after your procedure.

What to bring

- Phone numbers for your Next of kin and the person collecting you (if different)
- A list of any tablets or medicines you are taking
- Your reading glasses

Wear loose and comfortable clothing. Please wear a sleeveless or short sleeved top, which you can keep on throughout the procedure.

Please wear minimal jewellery, make-up or nail varnish for this appointment.

Please do not bring any valuables, as we cannot take responsibility for any losses.

What will happen during the test?

If you have dentures, you will be asked to remove them when you go into the treatment room. If you have asked for local anaesthetic spray, this will be sprayed into the back of your mouth and you will be asked to gargle then swallow it. The spray tastes of bananas. This will numb your mouth and the first part of your gullet (oesophagus). The numb sensation will last for about 30 minutes.

You will be asked to lie on your left side on a trolley and made as comfortable as possible. You will be given oxygen to breathe during the test and a probe will be placed on your finger to monitor your pulse and oxygen.

To protect your teeth (and our endoscope), a small plastic mouth guard will be placed between your teeth. This will not interfere with your breathing. If you have chosen sedation, it will be given at this point, and your blood pressure will also be monitored. The nurse will gently hold the mouth guard and your head in the right position for the scope to be inserted. The nurse may also use a small suction catheter to keep your mouth clear of secretions and will reassure you throughout the procedure. It usually takes between three to five minutes to examine your digestive tract. When the examination is finished, the endoscope is removed easily, causing little discomfort.

What should I expect after the test?

If you have had sedation you will be transferred to the recovery room on the trolley to rest and recover, while the nurse monitors your blood pressure and pulse. If you have had the local anaesthetic spray, you may walk to the recovery room and rest in chair until your swallow reflex is back to normal. You will then be offered a cold drink to check your swallow is back to normal and the nurse will then decide when you are ready to go home.

You will be offered a hot drink and biscuits, or fruit. You are welcome to bring your own sandwich or snacks.

What are the possible complications?

This is a safe procedure. However, there are some small risks.

Perforation

The risk of a tear in the upper Gastro-intestinal tract is very small approximately 1 in 10,000.

Bleeding

It is rare for us to cause significant bleeding in the upper GI tract.

Missed pathology

We can miss abnormalities, sometimes even important ones. We take great care to minimise this risk as far as humanly possible.

Other

There is also an increased risk of damage to crowned/capped/loose teeth. Although a mouth guard is used, teeth or dental work such as crowns may be broken, chipped, loosened or completely removed by accident. Please inform the nurse on admission of any loose teeth or dental work they need to be aware of.

You will be closely monitored throughout and if there is any cause for concern, the test will be stopped immediately.

When will I be able to go home?

If you **have not had sedation**, you will be able to go home about 30 minutes after your procedure.

If you **have had sedation**, you will be able to go home within about two hours of your appointment. However, it is important that someone comes to pick you up from the Gemini Endoscopy Suite. Please **do not** use public transport. You also need to have someone to stay with you at home for at least 12 hours if you live alone. If this is not possible, please contact the Gemini Endoscopy Suite before your appointment. The telephone number is at the end of this leaflet.

It is important to rest and relax for the remainder of the day. You must not drive, sign legal documents, operate machinery or drink alcohol for 24 hours. It is also advisable to take the next day off work.

Test results

The results of your test will be given to you and explained before you go home and a copy of the report will be sent to your GP.

Further information

If you are not able to attend for your appointment, please contact the booking team as soon as possible, as we can offer your appointment to another patient.

Doctors and nurses training in Endoscopy at many different levels attend unit or department and will be involved in your care under the direct supervision of experienced consultants and nurses. If you do not wish to be involved in training these experts of the future, please contact the booking team.

If you have any queries or concerns about your gastroscopy, please do not hesitate to contact the Gemini Endoscopy Suite.

You can access the Endoscopy Unit webpage on the Northern Devon Healthcare NHS Trust website at www.northdevonhealth.nhs.uk. Go to 'Our services' then 'Endoscopy'. Click on 'Endoscopy FAQ' for more information.

Useful telephone numbers

- Booking team 01271 370214
(for appointments and cancellations)
- Gemini Endoscopy Suite 01271 349180
(for general enquiries such as medications)
- Mrs Cross' secretary 01271 370285
- Ms. Beaton's Secretary 01271 370241
- Dr Moran's Secretary 01271 322734
- Dr Davis's secretary 01271 322447
- Mr Bunting's secretary 01271 322423
- Mr Sander's secretary 01271 322749

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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This leaflet was designed by the Communications Department.
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