

Written for GP usage.

This information is written in simple language with the patient in mind, to give a preliminary explanation of the test they have been referred for.



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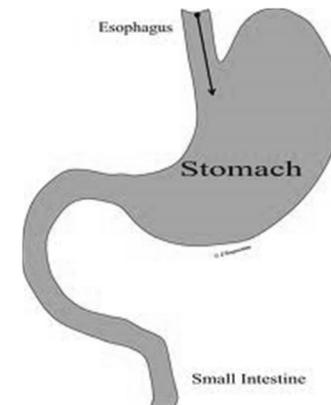
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On behalf of

H O M E R T O N
U N I V E R S I T Y
H O S P I T A L
N H S T R U S T

PATIENT INFORMATION

Oesophageal Gastro Duodenoscopy (OGD or Gastroscopy)



Endoscopy

DIRECT ACCESS
REFERRAL

Oesophageal Gastro Duodenoscopy (OGD or Gastroscopy)

This test is used to look at the stomach because of the symptoms you have. A hospital appointment letter & information will be posted to you. If you cannot attend or wish to change the date, please ring the number on the letter so that the date can be offered to someone else.

Is it painful and how long does it take?

It is not normally painful, but is uncomfortable because of the air that is blown into the stomach to open it out for the *endoscopist* (person doing the test) to have a good view. Most of the air is removed when the test is finished.

The test is normally completed within 5-10 mins.

Is there any preparation before the test?

- Acid suppressant medication may need to be stopped 2 weeks before. Check with GP.
- Morning appointment - One drink with no milk (NO SOLID FOOD) before 7am. Take any essential medication (heart, B/P etc)
- Afternoon appointment—A light breakfast before 8am and nothing else till after test.
- Bring a list of current medication.
- Arrange for an adult escort home if necessary.
- Avoid wearing tight clothing.
- Leave valuable items at home, only bring minimal amounts of money.
- DO NOT drive to the hospital as there is no parking there.

Are there any side effects?

You may experience some windy discomfort with trapped wind or a sore throat. It will pass once you eat and drink normally.

What happens on the day of test?

Check-in at the DAY STAY UNIT reception.

You will be sent to the ENDOSCOPY UNIT down the corridor where you will be greeted by the endoscopy staff who will talk to you..

You will wait to be seen by the endoscopist or staff member who will explain the procedure in detail. You will be given an opportunity to ask questions before signing the *consent form* (give permission) for the test to be done.

False teeth, contact lenses & glasses may need to be removed for safety reasons.

Are there any risks?

The two main risks are bleeding or perforation where a tear can happen in the lining. Damage to teeth/ crowns is rare. A chest infection can occur from inhaled stomach contents. The benefits of the test far outweighs the risks. Your safety is our priority and every care will be taken to minimise those risks.

What does the test involve?

A local anaesthetic spray to the back of the throat is normally used to make it numb. If you are very anxious, a sedative may help you relax. This is not a general anaesthetic and you will still be conscious.

You need to lie on your left side and to breathe normally during the test.

A plastic clip is put on your finger to monitor your oxygen levels in case we need to give you extra oxygen.

You will be asked to bite on a plastic mouth guard to keep the mouth open for the *endoscope* (a small telescope with a light at the end), to pass down your food pipe into your stomach.

Air is blown in to open the way for a good view of the lining. The *duodenum* (the first part of your small intestine) is also examined.

Photographs may be taken to keep in your file.

Biopsies (tissue samples) may be taken for lab examination for abnormalities. You do not normally feel this being done as the samples are very small.

What happens after the test?

The findings will be reported by the *endoscopist* and a copy will be given to you before you go. Your GP also gets a copy. Biopsy results will take 3-4 weeks and will be sent to your GP.

Follow-up & treatment will be with your GP.

If you had a local anaesthetic spray, do not eat or drink for 30mins. to avoid food going down the wrong way. You can go home straight away.

If you only have a sedative, you need to stay and rest for up to an hour and have an adult escort home. You may eat and drink straight away.

If you have both local anaesthetic spray and sedative, you need to stay and rest for up to an hour with no food or drink for the first 30mins., and an adult escort home.

With sedation you must not drink alcohol, work machinery or sign legal documents for 24 hours after the test.

**BRING AN ENGLISH SPEAKING ESCORT
WHERE NECESSARY TO AVOID DELAY WITH
ADVOCATE AVAILABILITY.**