

put you to sleep. You will hear what is said to you and be able to respond to any instructions given to you. The sedation will affect your judgement, memory and reflexes for up to 24 hours. As with any other medication, there is a small risk of an adverse reaction to the sedation. A nurse will attach monitors for recording your pulse. Oxygen will be administered throughout the examination if you have sedation.

You will be asked to lie on your left side and a mouthguard will be placed in your mouth to enable the scope to pass through. A nurse will remain with you to reassure you and to suck out any secretions from your mouth and tell you what you need to do and what to expect.

After the procedure

- If you have a throat spray, you are able to leave after checking with the ward nurse for any further instructions. You must wait about 30 to 40 minutes before having a drink to make sure the effects of the throat spray have gone - always start with water
- If you have sedation, you will have to stay with us for two hours after the procedure. You MUST be accompanied home and have someone stay with you for the first 12 hours. The effects of the sedative can last up to 24 hours so you should not drive, operate machinery or drink alcohol during that time
- The endoscopist will inform you of the test results on the day of the examination. If you have had sedation you may wish the nurse to repeat this information to your relative or carer, as you are more likely to forget
- Any biopsy results can be obtained either at a follow-up appointment or from your GP's surgery in about two weeks

- It is important that you recognise the early signs of complications and contact your doctor if you have severe pain, difficulty in swallowing, vomiting, fever, chills or black stools

If a follow up appointment is necessary, it will be sent to you. If you have any questions or require further information or advice, please contact the Day Surgery Unit between 8am and 7pm:

01935 384339

After 7pm, call the senior sister on duty
01935 384525

If you need this leaflet in another format, eg. large print or a different language, please ask a member of staff.

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 **Yeovil Hospital**
Healthcare

NHS

Information for patients having a Gastroscopy

Day surgery unit

- Leaflet B: For patients required to continue with antacid medication

This leaflet has been prepared to enable you to make an informed decision when you are asked to give consent to the procedure.

If you find you have any questions or concerns, please contact the **Day Surgery Unit on 01935 384339** or you can speak to the nurse or endoscopist when you arrive.

A gastroscopy involves passing a small scope (tube) over your tongue, down your throat and into your stomach. This is a flexible tube with a light and a camera in its tip. When air is put into the stomach, the doctor can examine the lining and take small samples (biopsies).

If your appointment is in the morning: It is essential that you have **nothing** to eat from midnight the night before your appointment.

If your appointment is after mid-day: Have a light breakfast, eg. cereal or toast before 7am and nothing to eat after that.

If your appointment is after 5pm: Have a light lunch before mid-day and nothing to eat after that.

Drinks

You may drink clear fluids up to four hours before your appointment time.

For your own safety it is important that your stomach is empty at the time of examination. Any food or drink taken within this time will stimulate your stomach to make acid which could damage your lungs if inhaled during the examination.

Medication

- If you are a diabetic on medication, please follow the enclosed information. If you are unsure what to do please contact the diabetic nurses, before your admission, on 01935 384517 for advice
- If you are taking warfarin, please contact us when you receive your appointment, unless you have already spoken to the endoscopy office
- All other medication should be taken as prescribed. Small sips of water can be taken with medication only
- If you are having Chemotherapy please inform us on receipt of this letter

What to bring with you

You may want to bring a book or something to read, you should expect to spend up to two hours with us but delays do occur.

Remember, your appointment time is not the time of your examination, we also look after emergencies and these take priority on our lists. You do not have to change your clothes so nothing else is required. Please leave any valuables at home.

What happens when you arrive

Your details will be taken and checked by our receptionist. You will be shown to our lounge or a cubicle and a nurse will take your blood pressure and ask you some questions about your health.

Consent

The nurse will give you a consent form when you arrive. Please read it carefully.

In the procedure room

The endoscopist will explain the process to you and ask you to sign the form. If you have any questions, please feel free to ask.

We do have a small number of trainee endoscopists in the department who work under direct supervision from an experienced endoscopist.

Risks

Complications, although rare, can occur with this procedure. These include:

- Bleeding from the biopsy site
- A perforation or tear of the gut wall. This could require an operation to repair
- An allergic reaction to the medication
- Infection

The endoscopist will speak to you before the procedure, so please feel free to ask any questions.

The examination

A gastroscopy can be performed either with a local anaesthetic throat spray or a light sedation. The choice is yours, but the following should be considered:

Throat spray - this will numb the back of your throat making it more comfortable to swallow the tube. The throat spray will wear off completely within an hour and you will be able to eat and drink with no further effects.

Sedation - this will be given via a needle in your hand or arm. The sedation will relax you and may make you drowsy but will not