

## Patient information

# Outpatient Gastroscopy

### Gastroenterology Department

Your consultant or doctor has advised you to have a gastroscopy.

#### **What is a gastroscopy?**

A gastroscopy is a very accurate way of looking at the oesophagus (gullet), stomach and first part of the small intestine – the duodenum.

The test usually takes five to ten minutes.

We are a large teaching Trust and so we are involved in teaching students and in research work. Qualified doctors and nurse practitioners in training to perform endoscopy may perform your test under supervision by a skilled endoscopist.

You may also be asked to take part in research. If you do not feel happy about this, please tell a member of staff. You have the right to refuse and your decision will not affect your treatment in anyway.

#### **What are benefits of a gastroscopy?**

It allows your doctor to see if there is any disease present. It also allows if necessary, a sample of tissue to be taken (called a biopsy), which is then examined by the Pathology Department.

#### **What are the risks of a gastroscopy?**

- There is a very small risk of perforation approximately 1 in 1,000 (making a small hole in the lining of your gullet, stomach or duodenum). This is rare and if it happened would require an admission into hospital for treatment.
- There is a very small risk of bleeding if samples of tissue are taken (usually minor).
- There is a small chance of a reaction to the medicines used for sedation or occasionally even from throat spray.
- You may have a slightly sore throat following the procedure, which will usually wear off within 24 hours.
- You must let the nurse know if you have any loose teeth, caps, crowns or veneers, as there is a risk they could become dislodged.

## **Are there any alternatives to this procedure?**

Barium meal is an alternative investigation, but it does not allow the doctor to view the lining of the gullet, stomach and first part of the small bowel directly or take samples of tissue in order to diagnose your particular problem. Any abnormalities found at barium meal will usually result in the doctor referring you for a Gastroscopy.

## **What will happen if I don't have this procedure done?**

If you decide that you do not want a Gastroscopy, then you can ask your doctor if you can have the alternative procedure of barium meal. However, this may result in the doctor not being able to diagnose your problem or give you the correct treatment and your symptoms may get worse.

## **What anaesthetic or sedation will I be given?**

There are two ways that a Gastroscopy can be done.

### **Using a local anaesthetic spray**

A local anaesthetic spray is used to numb your throat. You will be awake through the procedure. The advantage of this method is that you can talk to the endoscopist (a doctor or nurse experienced in performing these procedures) immediately after the test and then drive home, go to work etc.

### **Using intravenous sedation**

This method involves an injection that is given into your arm via a plastic tube (cannula) which will make you slightly drowsy and relaxed. You will not be unconscious. The medicines used in sedation may affect your memory or concentration for up to 24 hours. Many patients remember nothing about the procedure or even what the doctor has said to them afterwards.

**For these reasons, you must have a friend or relative collect you from the Gastroenterology unit and we recommend they stay with you.**

A side effect of these medicines is to slow your breathing – this should not normally happen but sometimes patients can be oversensitive to the medicine. This is the main reason we do not give high doses of these medicines. We also will give you oxygen during the test.

**If you are worried about any of these risks, please speak to your Consultant or a member of their team before you are due to have this treatment.**

**Important: If you have:**

- ❖ **Diabetes**
- ❖ **Are taking**
- ❖ **Anticoagulants:**
  - **Warfarin**
  - **Heparin/Low molecular weight heparin (including enoxaparin/dalteparin)**
  - **Dabigatran**

- Rivaroxiban
- Sinthrome

❖ **Antiplatelet therapy:**

- Clopidogrel (Plavix)
- Prasugrel (Efient)
- Ticagrelor (Brilique)
- Dipyridamole (Persantin) and aspirin

❖ **Are on dialysis**

❖ **Have suffered a heart attack within the last three months**

**You must contact the Gastroenterology Unit as soon as you receive this information leaflet.**

**Tel: 0151 706 2720 Text phone number: 18001 0151 706 2720**

**Getting ready for your gastroscopy**

Do not have anything to eat or drink for at least six hours before your test. This is to make sure that we can have a clear view of your stomach.

- You will be asked to remove any tight clothing, ties, dentures, spectacles and contact lenses.
- Please **do not** bring large amounts of money or valuables with you as the Trust cannot be held responsible for them.
- When you come to the department, please tell the doctor or nurse about any medicines you are taking and in particular, about any possible allergies or bad reactions you may have had.

**Your gastroscopy**

The test involves passing a slim endoscope through the mouth and down into oesophagus and stomach and the first part of your small bowel.

**After your gastroscopy**

- If you have had the anaesthetic throat spray, you will be asked to wait approximately 20 minutes until the effect of the throat spray wears off. The nursing staff will check that you are able to swallow before allowing you go home.
- If you have had sedation, you will be taken into the recovery area.
- You will be given oxygen. A nurse will also record your blood pressure, pulse and in some cases your temperature.

**When will I be allowed to go home?**

If you have not had sedation and only the local anaesthetic throat spray, you may go approximately 20 minutes after the procedure once you have had a drink.

If you have sedation you will only be allowed home once your relative or friend arrives to collect you from the gastroenterology unit, you have had a drink and the nurse has discharged you. You will be advised to follow the instructions on the aftercare sheet that will be given to you before discharge.

### **For the next 24 hours you must not**

- Travel alone.
- Drive any vehicle or ride a bicycle.
- Operate machinery (including domestic appliances such as a kettle)
- Climb ladders.
- Make important decisions, sign any business or legal documents.
- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

### **You should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

### **Results**

Sometimes the doctor or nurse can let you know after the test what the results are. Sometimes biopsy, photography or other information is taken which may need to be assessed further and the result may not be available for a number of weeks. In this case the result will be sent to your GP or be available to discuss with you during your next clinic appointment.

### **Cancellations**

If you are unable to keep this appointment, please let us know as soon as possible on 0151 706 2720. We will be able to give your appointment to another patient and arrange a further one for you.

### **Further appointment**

If your family doctor has sent you for the Gastroscopy you should make an appointment to be reviewed.

If your appointment has been made from a clinic at the hospital then a further follow-up appointment will be made as indicated by the Gastroenterology Department before you leave. You may receive this in the post if not before you leave.

### **Transport**

-

- Transport has not been arranged for this appointment so it will be necessary for you to make your own arrangements.
- Parking for patients and visitors is available at the Q-Park multi storey car park. The entrance by car is on Epworth Street off Erskine Street. The car park is open 24 hours a day, seven days a week.
- This is a private car park and charges apply. The car park is continually monitored by parking hosts.
- There are disabled spaces within the car park. If you need help, please speak with a parking host at the car park entrance.
- If you have been referred to us from clinic and usually have an ambulance to bring you for your appointment, please contact us on **Tel: 0151 706 2656** as soon as possible.  
**Text phone number: 18001 0151 706 2720**
- If you have been referred to us by your family doctor (GP) and need an ambulance, please contact their surgery to arrange your ambulance. The Gastroenterology Department needs to be informed that this has been arranged by the surgery.

## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

**If you have any questions or queries, please contact:  
The Gastroenterology Unit during the following hours**

<b>Monday – Thursday</b>	<b>0800 – 1800 hrs</b>
<b>Saturday/Sunday/BH</b>	<b>0800 – 1600 hrs</b>

## Clinic appointment enquiries

**Tel: 0151 706 5555**

**Text phone number: 18001 0151 706 5555**

## The Emergency Department (A&E) is open 24 hours

**Tel: 0151 706 2051/2050**

**Text phone number: 18001 0151 706 2051/2050**

## Royal Liverpool Hospital

**Tel: 0151 706 2819/2726**

**Text phone number: 18001 0151 706 2720**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه پسمند کراون، نه‌گهر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیز ی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هیلی موون و ئلیکترۆنیکی هیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和电子格式，敬請索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.

