



PATIENT INFORMATION

Gastroscopy

Sedation - Stop PPIs

Endoscopy Unit

This information is for patients having a gastroscopy. It tells you what is involved and any significant risks which might occur. The test lasts about 5-10 minutes and you will normally be able to go home approximately 2 hours later.

Patients Frequently Asked Questions

What is a gastroscopy?

It is an examination of your oesophagus (gullet), stomach and duodenum (the first bend of the small intestine). A thin, flexible tube (gastroscope) is passed through your mouth into your stomach and small bowel. This allows the endoscopist to see what might be causing your symptoms.

How do I prepare for the test?

- ❖ **It is important to have nothing to eat for 6 hours before your test.**
- ❖ **You may drink water up until 2 hours before your appointment.**
- ❖ **If you have diabetes please inform the Endoscopy Unit on 01803 654864 / 655955.**
- ❖ **If you are taking Warfarin / Clopidogrel please inform us as soon as possible.**
- ❖ The test may be affected if you are taking certain medications for the stomach.
- ❖ **We recommend that you should stop taking the following drugs approximately 2 weeks before your gastroscopy unless your doctor has told you otherwise:** Lansoprazole (Zoton), Omeprazole (Losec), Pantoprazole (Protium), Esomeprazole (Nexium), Rabeprazole (Pariet).
- ❖ You can continue to take other medications but please bring a list of them with you. **It is important that you remember to bring any asthma inhalers or angina sprays with you.**
- ❖ Jewellery and decorative piercing should ideally be removed. If you cannot remove your jewellery, it can be covered with tape, but please inform us when

you see the nurse on the day of your procedure. Please inform us also of any coloured tattoos.

What will happen when I arrive?

An endoscopy nurse will be caring for you from your arrival through to your discharge. The nurse will check your details, blood pressure and pulse and stay with you during the gastroscopy. If you have any allergies please tell the nurse.

What does the examination involve?

- ❖ The endoscopist doing the examination will discuss it with you and ask you to sign the consent form confirming that you understand and agree to go ahead with it. You are free to ask for more information at any time.
- ❖ You do not need to undress, apart from removing your coat or jacket.
- ❖ You may choose to be sedated for the test. Then with you lying on your left side the endoscopist will gently insert the gastroscope through your mouth and into your stomach. **This is not painful and will not make breathing or swallowing difficult**, but you might feel a little uncomfortable during the test.
- ❖ Your stomach will be gently inflated with air to expand it so that the lining can be seen clearly. The air is removed at the end of the test.
- ❖ A **biopsy** (small sample of tissue) may be taken during the gastroscopy to be sent to the laboratory for more tests. This will not cause you any pain.
- ❖ The nurse may need to clear saliva from your mouth using a small suction tube.
- ❖ At the end of the test the gastroscope is removed easily.

What happens after the examination?

- ❖ Your nurse will speak to you after the test but biopsy results will be reviewed within a few days. Please call your GPs surgery for your results in approximately 3 weeks.
- ❖ You may have a drink when your swallowing is back to normal (about 20-30 minutes).
- ❖ You will be given a copy of your report, which we will also send to your GP.

How will I feel when I go home?

- ❖ You may have a mild sore throat, this will soon pass and is nothing to worry about.
- ❖ You may feel a little bloated if air is left in your stomach. Again this will soon pass.
- ❖ You may eat and drink as normal when you leave the Unit.

About sedation

If you choose to be sedated a small plastic tube (cannula) will be placed in a vein in your arm, and a sedative drug will be given just before the test starts.

Benefits

You will feel relaxed during the test and will probably not remember much about it.

Drawbacks

Sedation takes up to 24 hours to wear off and during this time you are **not safe to:**

- ❖ **Drive a vehicle or operate machinery**
- ❖ **Drink alcohol**
- ❖ **Sign legal documents or make important decisions**

It is not suitable for everybody as it can have adverse effects. It is very important that you are not alone during the 12 hour recovery period, and that you do not use public transport, but are collected from the Unit.

Are there any risks?

This examination is very safe. There is a small risk of:

- ❖ **Damage** to dental bridgework, loose or crowned teeth.
- ❖ **Perforation:** This is a tiny tear in the gullet or stomach which may need repair by surgery (the risk is less than 1 in 1000).
- ❖ **Bleeding:** A small amount of bleeding happens rarely following biopsy.

Please talk to the endoscopist before your examination if you have any worries about these risks.

Useful contacts

If you have any further questions or concerns, please contact:

The Endoscopy Unit
☎ **Tel (01803) 654864 / 655955**
(8.00am - 5.00 pm, Monday to Friday)

If you have any urgent concerns outside of these hours
please phone the switchboard

☎ **Tel (01803) 614567** and ask for bleep no **110**

