

Patient information

Having a Upper Gastrointestinal Endoscopy Gastroscopy

Please read all of the information contained in this leaflet immediately so that you do not miss important instruction that will result in the cancellation of your procedure.

PATIENT NAME	
APPOINTMENT DATE	
ARRIVAL TIME	

Please be aware that your arrival time does not reflect your procedure time. Every effort is made to see you promptly but our sessions run from 09.00-13.00 and 13.30-17.30. Please be prepared to be in the department for 2-3 hours.

Department B57
Gastroenterology and Surgical Unit
Second Floor



Introduction

This booklet has been designed by endoscopists, nurses and former patients and is intended to be practical and informative.

Please read all of the information contained within it. Not doing so may mean that you miss important instructions that will put you at risk and for this reason the team may decide to defer your investigation.

If you have any questions regarding the information or instructions in this booklet, please do not hesitate to call the department on one of the numbers below and a member of the team will be only too pleased to help you.

To cancel or change an appointment: **01225 821412** (Office Staff)

To discuss the test, ask questions about the preparation and medications:
01225 821425 Or 01225 821788 (Nursing staff)

If you cannot accept the appointment date it is important that you telephone without delay so that your date may be offered to another patient.

Please complete the following health questionnaire

Do you have any of the following problems?

Heart problems

Please give details

Breathing problems

Please give details

Diabetes

Please give details

Liver problems

Please give details

High Blood pressure

Please give details

Seizures

Please give details

Stroke

Please give details

Arthritis

Please give details

What are your allergies?

Have you ever been told that you are at risk of CJD or vCJD for public health purposes?

If yes please call to speak to the nursing staff

Please list all medications you are currently taking

Do you take Warfarin?

If yes what was your most recent INR?

Who is collecting you after your procedure?

Who is at home with you for 24 hours after the test?

Please give a contact telephone number



What is an Upper GI endoscopy?

An Upper Gastrointestinal (GI) Endoscopy is a test, which allows the doctor to look directly at the gullet (oesophagus), the stomach and around the first bend of the small intestine (duodenum). A slim flexible tube with a bright light at the end (called an endoscope) is passed from your mouth and into your stomach.

Why has my doctor chosen an endoscopy?

An Upper GI endoscopy is the only test that allows the doctor to view the lining of the gastrointestinal tract directly to assess what may be the cause of the symptoms that you have been experiencing. Only during this test can the doctor take a small sample of tissue - a "biopsy" for analysis. The tissue is removed painlessly through the endoscopy using tiny forceps.

Are there any risks to the test?

There is a 1 in 3,000 risk of bleeding or tearing of the gut, following which admission to hospital will be necessary and may require surgery. Other complications may be as a result of the sedative drugs used and there is a slight risk of damage to crowned teeth or dental bridgework.

Are there any alternatives to this test?

A barium swallow can look for any blockages in the gullet and a barium meal can detect large ulcers, but an endoscopy is the only test that can look at the lining directly.

Prior to admission

If you are suffering from a cold, sore throat or chest infection, you should contact your GP or us because it may be necessary to postpone your test.

It is important that you do not have anything to eat or drink for 6 hours before your appointment, including water.

You do not need to bring pyjamas or nightwear.

Do not bring valuables or large quantities of money into hospital, as we cannot accept responsibility for them.



Do not drive yourself

Please arrange to be accompanied by family or friends when you come into hospital, then they will know where to collect you when it is time to leave.

You must have a responsible adult to accompany you home from the department.

Do not attempt to drive yourself.

Where are we?

The endoscopy department is within the Grace Penwarden Gastroenterology and Surgical Unit on the second floor of Zone B. Our department code is B57.

Parking

If you intend to be driven to the hospital, parking may be quite difficult when you arrive. Please be prepared to wait at least half an hour or a space to allow for this when setting out for your appointment.

Should I take my medicines as normal?

If you take essential prescribed medication - for epilepsy or a heart condition, you may take these with a little water.

If you are a diabetic, we advise that you telephone the department and inform them of what medicine you take and a trained nurse will be able to advise you on how best to take your medication.

We also need to know if you take any of the following medications

- | | |
|------------------------|---------------|
| • Warfarin | • Phenindone |
| • Clopidogrel (Plavix) | • Prasugel |
| • Dabigatran | • Rivaroxaban |
| • Apixaban | • Ticagrelor |

Please phone the number at the front of this booklet only if you are a diabetic or take any of the tablets listed.



What should I expect?

- On arrival at the unit, report to the reception desk. One of the reception staff will check your details and ask you to take a seat in the waiting room.
- A nurse will collect you from the waiting room and take you to the consent room, Here she will check your details and discharge arrangements with you. The person accompanying you will be able to come with you to support you.
- A nurse will discuss the procedure with you. If you have any questions, please ask. We want you to be as relaxed as possible.
- You will return to the waiting area until the endoscopist is ready for you. A nurse will then collect you from the waiting room and take you to the ward area.
- It is necessary to remove any false teeth. This can be done in the examination room, immediately before the procedure. They will be kept safe until you are fully alert.
- It is department policy that your family or friends do not accompany you to the ward area as it is a theatre environment. They will be called to the area when you are ready to leave.
- The ward and toilet facilities are single sex areas. It is occasionally necessary for clinical reasons to have a mixed sex area but this is rare. The staff are committed to ensuring your privacy at all times.

Is the procedure painful?

The procedure should not be painful. However, you may experience discomfort as the tube touches the back of your throat. Your stomach may feel slightly distended at time during the examination but you should not feel unduly uncomfortable.

There are 2 ways that the test can be made as comfortable as possible for you:

- Local anaesthetic spray to the back of the throat, numbs the area and makes it easier to pass the tube.
- and / or mild sedative injection into a vein makes you feel a little sleepy and relaxed.

Your choice will be discussed with you prior to the procedure.



Sedation

A small needle will be placed in the back of your hand and the medication will be injected through it.

Sedation may make you drowsy and you may not remember the procedure taking place, however, it is not a general anaesthetic; you will not be unconscious.

Conscious sedation is a technique used here and in all other endoscopy units. The use of medication produces a state of relaxation enabling treatment to be carried out, but during which verbal contact with you is maintained throughout, ie you are awake.

You may recover fairly quickly or more slowly - each person reacts differently.

Your thinking processes and movements will be slower than usual.

During the test

- A nurse will escort you to the examination room. Here you will meet the endoscopist and 2 nurses who will remain with you throughout the test.
- It is necessary to lie on your left side. When you are comfortable, local anaesthetic will be sprayed onto your throat or if you wish a sedative injection will be given.
- When the endoscopist passes the endoscope, it is important to remain calm. It should not cause you any pain, nor will it interfere with your breathing.
- To keep your mouth slightly open, a plastic mouthpiece will be placed gently between your teeth.
- It may take up to 10 minutes to examine the stomach carefully. During this time some air will be passed down the tube to distend the stomach and allow the endoscopist a clear view.
- If you get a lot of saliva in your mouth, the nurse will clear it using a slim suction tube.
- When the examination is finished the tube is removed quickly and easily. You will be taken back to the ward on the trolley to recover where a nurse is always present.



When can I go home?

If you choose to have the sedative injection you will stay in the department for approximately 1 hour following the procedure. We prefer that you remain with us until you are fully alert to ensure that the effects of the sedation have worn off.

If your throat has been sprayed with local anaesthetic, you will have to wait until the effects of the spray has worn off before you have anything to eat or drink, normally about half an hour. Otherwise you can leave the department straight away.

The department closes at 17.30.

How will I feel after the test?

We advise that you do not go to work on the day of the test.

- If you have been sedated, the effects will have worn off after 24 hours. You will then be able to resume normal activities.
- Your throat may feel a bit sore for the rest of the day. It will settle without treatment.
- You may also feel a little bloated. This is due to air remaining in your stomach following the test. It will soon settle and does not require any treatment or medication.

When you get home it is important to rest quietly for the remainder of the day, with someone to look after you for 24 hours afterwards if you have been sedated.

What should I do when I get home?

If you have sedation, then for the next **24 hours** you **must not**:

- Drive any motor vehicle. This is a legal requirement not advice. Our advice is that you should not actually drive for 48 hours.
- Operate machinery.
- Drink any alcohol
- Sign legally binding agreements
- Care for children or relatives.



When will I know the results?

If you have not been sedated, the doctor will tell you what was seen and done straight after the test.

If you have been sedated, the nurse on the ward will relay the information to you when you are fully alert. We like to do this with a family member present, as the sedative drug used can make you forget what you have been told. If you object to having your results with a family member present please let the nursing staff know. You will be given a report to take with you. If this does not happen, please ask your nurse.

A report will also be sent to your GP. Further details of the test, results of any biopsies and any necessary treatments or medications should be discussed with your GP. The nurse will tell you before you leave if you require an outpatient appointment with the consultant.

The consent form

The consent form gives the doctor and the hospital a formal indication that you are agreeing to undergo the treatment being offered as stated in the form. It is valuable to you as it offers a written check on what you are agreeing to by signing.

You will find a consent form included with this booklet we ask you to bring it with you to the endoscopy unit of the day of your test.

However, before you sign the form you should be clear as to what you are consenting for.

If you are unclear and have any questions, then do not sign the form until they have been explained. The endoscopy staff will be happy to answer any questions you might have.




Doctors training in endoscopy

Training doctors is essential to improving the quality of care. All of our endoscopy trainees are in a structured training programme within the national guidelines, and all are experienced doctors. Your treatment may provide an opportunity for such training under the supervision of an senior doctor. You may decline to be involved in this training without adversely affecting your care and treatment. If you wish to let us know you are not happy to have a supervised trainee perform your procedure please inform us **at least a week in advance** of the procedure, so we can ensure you are not booked on a training list. The endoscopy administrative team are on **01225 824069**.

What if I change my mind?

You are quite within your rights to change your mind. If having read this leaflet you have decided not to go ahead with the test, please telephone the department and discuss your decision with your GP.





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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656 or 826319