

Patient name	
Appointment date	
Arrival time	

Endoscopy sessions run from 9am to 1pm and 1.30pm to 5pm. Every effort will be made to see you promptly on your arrival, however the arrival time does not reflect the procedure time.

This booklet is designed to be practical and informative. **Please read all of the information contained within it**, so that you don't miss important instructions that may result in cancellation.

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

To cancel or change an appointment: 01225 821412

To discuss the test, ask questions about the preparation and medication: 01225 821425 or 01225 821788.

If you cannot accept this appointment date, it is important that you telephone as soon as possible so that your date may be offered to another patient.

## What is an Upper GI endoscopy?

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An Upper Gastrointestinal (GI) Endoscopy is a test, which allows the endoscopist 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?

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An upper GI endoscopy is the only test that allows the endoscopist 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 endoscopist take a small sample of tissue - a "biopsy" - for analysis. The tissue is removed painlessly through the endoscope using tiny forceps.

## Are there any risks to the test?

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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?

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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

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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 **six 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 if you plan to have sedation

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If you plan to have sedation, 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.

If you plan to have sedation, you must have a responsible adult to accompany you home from the hospital. **Do not** attempt to drive yourself.

If you intend to be driven to the hospital, parking can be difficult, so allow plenty of time to find a space.

## Finding us

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The endoscopy department is in the Gastroenterology and Surgical unit on the second floor, Zone B, B57.

## Should I take my medicines as normal?


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If you take essential prescribed medication, for example for epilepsy or a heart condition, you may take these with a little water. If you are diabetic, we advise that you telephone the department and inform them of what medicine you take and a 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
- Phenindione
- Clopidogrel
- Prasugrel
- Dabigatran
- Rivaroxaban
- Apixaban
- Ticagrelor.

Please phone 01225 821425 or 01225 821788 if you are a



diabetic or take any of the tablets listed.

## What should I expect when I arrive?

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- On arrival at the unit, please report to the reception desk. One of the reception staff will check your details and ask you to sit 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 your arrangements for going home 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 and take you to the ward.
- 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 and friends do not accompany you into the ward as it is a theatre environment. They will be called to the recovery area when you are ready to leave.
- The ward and toilet facilities are single sex. It is occasionally necessary for clinical reasons to have a mixed sex area, but this is rare. Our staff are committed to ensuring your privacy at all times.

## Is the procedure painful?

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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 times during the examination but you should not feel unduly uncomfortable.

There are two 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 a mild sedative injection into the vein; makes you feel a little sleepy and relaxed.
- If you have a normal swallow you can have spray and sedation at the endoscopists discretion.

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

## Sedation

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A small needle will be inserted in the back of the 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 conversation with you is maintained throughout, as 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

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- The nurse will escort you to the examination room. Here
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you will need the endoscopist and two nurses who will remain with you throughout the test.

- It is necessary lie on your left side. When you are comfortable, a local anaesthetic may be sprayed onto your throat or if you wish, a sedative injection can 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 gently placed between your teeth.
- It may take up to ten minutes to examine the stomach carefully. During this time some air will be passed down the tube to distend your stomach and allow the endoscopist a clear view. The air is sucked out at the end of the test.
- 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 to recover, where a nurse is always present.

## When can I go home?

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If you choose to have the sedative injection, you will stay in the department for approximately one 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 a 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.

## How will I feel after the test?

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We advise you not to 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.

## What should I do when I get home?

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If you have had 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 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.

## When will I know the results?

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If you have not been sedated, the endoscopist 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 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 give 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

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The consent form is 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 endoscopy unit on 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.

## Training in endoscopy

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Training 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 staff. Your treatment may provide an opportunity for such training under the

supervision of a 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?

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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.

## Please complete the following health questionnaire

Do you have or have you ever had any of the following problems.  
Please give details.

Heart problems	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
Breathing problems	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
Diabetes	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
Seizures	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
High Blood Pressure	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
Stroke	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
Glaucoma	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
Arthritis	<input type="checkbox"/> NO	<input type="checkbox"/> YES If 'yes' please give details
Are you allergic to anything?		<input type="checkbox"/> NO <input type="checkbox"/> YES
If 'yes' please give details		
Have you ever been told that you are at risk of CJD or vCJD for public health purposes?		<input type="checkbox"/> NO <input type="checkbox"/> YES
If 'yes' please call 01225 821425 or 01225 821788 and talk to our nursing staff.		
Are you taking any regular medication?		<input type="checkbox"/> NO <input type="checkbox"/> YES
If 'yes' please give details		
When did you have your blood test for INR? Please provide date		
If you know the result please record it here:		
Who is collecting you?		
Please give a contact telephone number:		
Who is at home with you for 24 hours after the test?		

