

UPPER GASTROINTESTINAL ENDOSCOPY

What is Upper Gastrointestinal Endoscopy

Endoscopy involves the use of a flexible video instrument (*gastroscope*) to examine the upper intestinal tract including the oesophagus, stomach and duodenum. The procedure is commonly undertaken if your Doctor suspects that you have inflammation, ulceration or other abnormality of the oesophagus, stomach or duodenum.

How are you prepared?

You are to fast as follows:

CEASE smoking 12 hours before your procedure

CEASE solid food six (6) hours before your procedure

You may drink water – ONE glass per hour until 2 hours before procedure

NOTHING FURTHER TO DRINK UNTIL AFTER PROCEDURE

While fasting take all regular medication at least three hours prior to procedure.

If you have serious heart or chest problems or drug allergies, special precautions need to be taken to reduce any risk. You should therefore inform the doctor of any serious conditions of this nature.

If you are diabetic, withhold your morning medication and bring it and a sandwich with you to take following the procedure.

At the beginning of the procedure you will be given a sedative by injection into a vein to make you comfortable and relaxed. The procedure will take between 5 – 15 minutes and you will be sleepy for about half an hour afterwards.

What we do

An endoscope is a flexible tube about 9mm (3/8") in diameter. It allows full colour inspection of the oesophagus, stomach and duodenum. It also enables biopsies to be taken from these areas if necessary.

You will be given time to recover from your procedure in an observed recovery area, followed by light refreshments.

The doctor will then talk with you and discuss any findings. You will be given written information and the necessary follow up. A detailed report will be sent to your G.P.

Afterwards

The sedation you have been given will take 12 hours to leave your system..

You may be unsteady on your feet and at risk of a fall. Therefore, you must have a responsible adult with you for the following 12 hours to assist you.

You may resume your normal diet immediately

You should not to drink alcohol on the day of your procedure

You should not touch anything electrical or mechanical for 12 hours after discharge

(It is illegal to drive while under the influence of a drug)

Do not sign any legal documents on the day of procedure

Your referring Dr will receive a full report from the specialist and any biopsy results in 7 - 10 days. Check that he/she has received the report before making your follow-up appointment