

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

## Gastroscopy Procedure Information and Instructions

### Day of the Procedure

If your procedure is in the **morning**, do **NOT** eat anything after 12 midnight. Water can be ingested until 4 hours before the procedure if necessary.

If your procedure is in the **afternoon**, please follow these instructions based on your arrival time

No solids for 6 hrs before

No milk for 4 hours (babies only) before

No clear fluids for 2 hours - water, clear Apple juice, cordial before

**IF YOU ARE DIABETIC**, please contact the doctor who manages your diabetes for further instructions, or phone us if you are unsure.

**REMEMBER-** Nothing to be taken by mouth for at least 4 hours before the procedure or procedure may have to be cancelled.

- Arrive early and check-in at reception of
  - **Cabrini Malvern, 183 Wattletree Rd, Malvern, 3144.**
- Please wear loose comfortable clothing (pyjamas are ok) and leave valuables at home.
- You will then be admitted to the paediatric ward prior to the test.
- After the test you will return to the paediatric ward for recovery.
- You will be able to be discharged home once you are alert and able to tolerate oral intake satisfactorily.
- You will be able to discuss the procedure with your doctor before you are discharged.
- **PLEASE BRING:**
  - Medicare card
  - Private Health Fund details (if applicable)
  - Current medications

**PLEASE DO NOT BRING ANY VALUABLES**



**This information has been prepared to assist you in understanding what to expect when you attend for your gastroscopy.**

## **What is a gastroscopy?**

Gastroscopy is an upper endoscopy. This procedure enables your doctor to examine the lining of the upper part of your gastrointestinal tract, i.e. the oesophagus (swallowing tube), stomach and duodenum (first portion of the small intestine) for any abnormalities.

## **Why is a gastroscopy performed?**

Upper endoscopy is usually performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting, or difficulty swallowing for example. It is the best test for finding numerous pathologies. During the procedure biopsies are routinely taken. Biopsies are small samples of tissue. An anatomical pathologist then examines the biopsy samples under a microscope for abnormalities.

## **What are the risks?**

The risk of perforation is one in 1000 cases, and surgery may be required to repair the perforation. Bleeding and bruising can occur. This is more common if there is an abnormality present or treatment is applied. It is reported to occur in one in 500 cases. Rarely, blood transfusion may be required. There is a very small risk of heart or breathing problems associated with the anaesthetic and procedure. A number of very rare side effects can occur with any procedure. Death is an extremely remote possibility. If you wish to have full details of rare complications, ask before the procedure.

You may have some minor bloating or cramping due to the air introduced in the stomach during the procedure. This should disappear quickly. Some patients have a sore throat from where the scope slides down or sore jaw. These should disappear quickly. Please notify your anaesthetist if you have any loose teeth.

## **What can be expected prior to the procedure?**

You will see your doctor and meet your anaesthetist who will ask you several questions and answer any questions you may have. A parent or guardian will be able to accompany the patient into the procedure room until asleep. An anaesthetic agent will then be given through a mask or a small needle into your vein. This will make you fall asleep and have no recollection of the event. While you are in a comfortable position on your left side, the endoscope is passed through the mouth and then in turn through the oesophagus, stomach and duodenum. The endoscope does not interfere with your breathing during the test.

## **What happens after a gastroscopy?**

Following your gastroscopy you will be monitored in the recovery room until you have recovered from most of the effects of the anaesthetic. Your doctor will meet with you after the procedure and review the photos from the test and discuss the findings. However, the results of any biopsies samples taken will take several days. You will have time to talk with the gastroenterologist and anaesthetist before and after the procedure.

## **ANY QUESTIONS?**

Please do not hesitate to ask any questions. Your doctor is always happy to talk to you a few days before the procedure if you are at all concerned. All you need to do is contact the office and leave a message to request a call back.