

## MORNING AND AFTERNOON PROCEDURE

### What is a gastroscopy and how is it performed?

Gastroscopy (or upper gastrointestinal endoscopy) is a procedure to inspect the oesophagus (food pipe), stomach and duodenum (first part of the small bowel) using a thin, flexible tube with a camera. An intravenous sedative is given prior to the procedure so that you will be asleep during the examination. You may be given a local anaesthetic spray to numb the throat. The instrument is passed via the mouth and advanced along the oesophagus, stomach and into the duodenum. Biopsies (tissue samples) may be taken during the procedure. The test usually takes between 10 and 20 minutes. You will not be in any pain or discomfort and will be able to breathe normally throughout.

Please notify your doctor if you are pregnant, diabetic, take warfarin or other blood thinning medication, suffer from disease affecting the heart valves, or have a pacemaker.

It is necessary to arrange for a relative or friend to accompany you home. You cannot drive yourself.

### What are the risks of gastroscopy?

Any medical procedure carries some risk, however gastroscopy is usually a simple and safe procedure and complications are rare. Serious problems such as anaesthetic complications, bleeding or gut perforation (tear) occur in approximately 1:10,000 cases.

If you wish to have a more detailed discussion about potential risks, please contact your specialist prior to the procedure on the number below.

### What happens after the gastroscopy?

Following the gastroscopy, you will remain in the hospital recovery area until the effect of the medication wears off. You may experience slight discomfort or bloating and possibly a sore throat.

Because the sedation given may interfere with your judgement or ability to concentrate, you should not drive a motor vehicle, travel on public transport alone, operate dangerous machinery or sign important documents for the remainder of the day. It is necessary to arrange for a relative or friend to accompany you home.

If you develop severe abdominal or chest pain, fever, vomit blood or pass black bowel motions, you should contact your doctor immediately or go to the nearest hospital's Emergency Department.

#### Morning Gastroscopy



#### Have nothing to eat or drink after midnight.

You must not eat or drink for at least 6 hours prior to the test. If you take diabetic medication including insulin please discuss with your specialist.

#### Afternoon Gastroscopy (booking time 1pm or later)



#### Have nothing to eat or drink after 7am.

You may have a light breakfast (e.g. piece of toast and a drink) prior to 7.00am on the morning of the procedure.

**You may take usual prescription medication (except diabetic or blood thinning medication as advised) for up to 2 hours prior with a small sip of water.**

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