

Important instructions

Necessary preparations for a morning appointment:



Nothing to eat from midnight the night before the test and nothing to drink from 6am the day of the test. However, if you normally take tablets for your heart or blood pressure please take these with a sip of water at 6am.

Necessary preparations for an afternoon appointment:



Nothing to eat from 7.30am the morning of the test and nothing to drink from 10am the morning of the test.

Medication

- Please notify the staff prior to your appointment if you are taking Warfarin, Clopidogrel, Dabigatran (or any other blood thinning medication), Insulin or Diabetes tablets.
- If you have any allergies, if you have an artificial heart valve or joint replacements.
- Bring a list of your current medications with you.

Your appointment

An appointment has been made for you.

Date: **Time:**.....

On the day of your appointment please come to North Shore Hospital, Gastroenterology Department, first floor

Who to contact

If you have any questions or concerns regarding your Gastroscopy or the appointment time, please phone the Gastroenterology Department on 09 4861491 ext 2828

If you need a trained interpreter – please tell your nurse or doctor

Māori: Memea kaore koe e mohio ki te korero whaaki ngai ki te takuta (korero)

Samoa: Afai ete le malamalama ile gagana fa'a peretania f'amolemole talanoa ilau form'i

Tongan: Ka'olu 'ikai ke mahino kiate koe 'a e lea fakapilitani fakamolemole 'o tala ki ho'o toketa

Cook Island: Me kare koe e marama I te tuatua papaa e akakite mai ki te taote

Vietnamese: Neu quy vi can thông dịch viên thánh thao xin hỏi nhân viên bệnh viên

Chinese:
(Mandarin) 假若你不懂英語, 請告知醫生或護士。

Niuean: Ka ai iloa poke ai maama e kow e vagahau faka peritania fak amolemole talaage ke he ekekafo (toketa)

Korean:
통역사의 도움이 필요하시면 간호사에게 부탁하시면 됩니다.



Gastroscopy

What you need to know

What is a Gastroscopy?

A Gastroscopy is a procedure which allows the doctor to examine the inside of your gullet, stomach and duodenum using a flexible tube/camera called a gastro scope. It is used to take samples from the lining (called biopsies) or to undertake certain treatments if necessary.

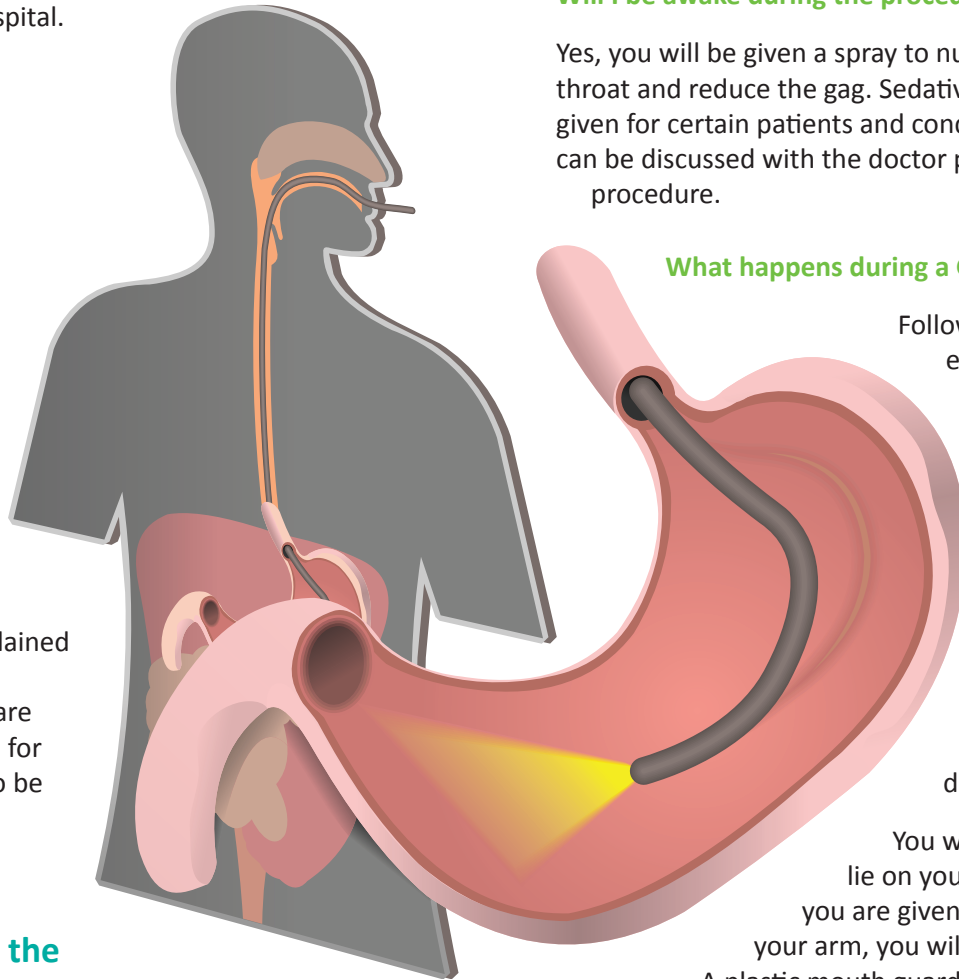
This test is done in the Gastroenterology Department, first floor, North Shore Hospital.

When is a Gastroscopy necessary?

It is used to investigate problems with the gullet, stomach and duodenum. Stomach pains, heartburn, difficulty swallowing, anaemia, unexplained weight loss, or vomiting blood are all likely reasons for a Gastroscopy to be performed.

Who will be there during the procedure?

The doctor and two nurses will be in the



room, as well as any other necessary medical professionals. Please note that family members or support people can come with you to the department and wait in the waiting room for you, but they are not allowed in the procedure room or recovery area.

Procedure

Will I be awake during the procedure?

Yes, you will be given a spray to numb your throat and reduce the gag. Sedatives may be given for certain patients and conditions this can be discussed with the doctor performing the procedure.

What happens during a Gastroscopy?

Following an explanation of this procedure, you will be asked to sign a consent form with the doctor agreeing to have a Gastroscopy done.

You will be asked to lie on your left side. If you are given an injection in your arm, you will feel relaxed.

A plastic mouth guard will be put in your mouth to keep your mouth open and protect your teeth. Then a gastro scope will be

passed gently into your mouth, over your tongue and down the gullet to the stomach and into the first part of the small intestine. The doctor may take photographs and biopsies. If there is a source of bleeding found, the doctor will use various equipment to attempt to stop this.

What will I feel?

You may feel some discomfort in your throat. You may also feel a full feeling in your stomach as it is necessary to put air in the stomach so that it can be fully examined. This will resolve when the procedure is complete.

How long does it take?

Your actual procedure takes approximately 5 to 10 minutes. However please note that your appointment time is when your initial assessment will be done with one of the nurses.

Following this please allow for up to three hours for the completion of your appointment.

As you are given sedation for this procedure, YOU MUST NOT DRIVE, use machinery or undertake any other hazardous activities for at least 12 hours.

YOU MUST ARRANGE FOR SOMEONE TO TAKE YOU HOME AFTER THE PROCEDURE.

They must pick you up from inside the Gastroenterology Department on the first floor. You are unable to leave the department without an accompanying adult.

It is preferable to have someone stay with you for the rest of the day. This department closes at 5pm; please arrange to be picked up before this time.