



Gastroscopy

What is a Gastroscopy?

Gastroscopy is an examination which allows the Endoscopist to see the inside of your oesophagus (gullet/food pipe), stomach and the first part of the small intestine (duodenum) using a flexible tube called a gastroscope.

When is a Gastroscopy necessary?

It is necessary when there is a concern with your oesophagus, stomach and duodenum such as stomach pains, heartburn, difficulty swallowing, anaemia, unexplained weight loss, or vomiting blood.

What preparation is necessary?

If your appointment is in the morning, STOP eating at 2 am and STOP drinking after 6 am.

If your appointment is in the afternoon, STOP eating at 7 am and STOP drinking after 11 am.

- If you are taking **diabetes medication**, please refer to the attached diabetes information sheet and bring your medications with you to the hospital.
- If you are taking **blood thinning medications** other than aspirin, please phone the department as soon as possible, unless this has already been discussed with the Endoscopy Nurse.
- Please bring a list of all your medication to your appointment.

How long does it take?

Please allow up to four hours of your time with our team. The procedure itself will only take about 5 to 10 minutes, but to give you the best care, we need to allow time to have some korero/talk and assessment before and after the procedure.

Who will be there during the procedure?

A care team including an Endoscopist and two nurses will be in the room. Sometimes there may be other health professionals present. To support you, your whānau/family or support people can come with you to the department and wait for you in the waiting room while you are in the procedure room or recovery area.

Will I be awake during the procedure?

Yes. Many people do well during the procedure without sedation. You will be given a spray to numb your throat and reduce the gag. However, you may be given a sedative prior to the examination via an injection in your arm to help you feel relaxed and drowsy. Please feel free to talk about sedative options with the doctor or nurse before the procedure.

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What happens during a Gastroscopy?

Following a discussion about the procedure and its risks you will be asked to sign a consent form agreeing to have a gastroscopy. Before the procedure, unless contraindicated, you will be given a drink to help clear the air bubbles in the stomach to allow the Endoscopist to have a clear view of the mucosa. Once you are in the procedure room, your mouth and throat will be sprayed with a numbing spray to reduce your gag. You will be asked to lie on your left-hand side. A plastic mouth guard will be put in your mouth to keep it open and protect your teeth. The gastroscope will then be passed gently into your mouth, over your tongue, down the oesophagus, to the stomach and into the duodenum. The Endoscopist may take photographs and biopsies (samples).

What will I feel?

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

What are the risks?

Gastroscopy is a safe procedure and serious complications are rare.

- There is a very small chance that it will cause serious bleeding or damage to your oesophagus, stomach, or your duodenum.

If this happens you may require admission to hospital and/or surgery.

These risks will be discussed with you in more detail on the day. Please feel free to ask any questions.

When can I go home?

If you do not have sedation, you may go home as soon as you are ready and comfortable.



IMPORTANT: If you are given sedation, you cannot drive and you **MUST** have a responsible adult to take you home and remain with you for the rest of the day. Please have their contact number with you.

You cannot wait outside for them or catch a taxi or bus alone.

Will my doctor and I get a report?

Yes, both you and your doctor (GP) will receive a report. Any samples taken will be tested at the lab and these results will be available to your Endoscopist and GP within a few days.

Privacy of Information:

As part of our care for you, we collect information from what you provide us and from what we learn about your wellness journey during your time with us. We collect information in order to help us know how to best help care for you and support decisions about how to provide quality treatment for you. After the treatment, some of the information is sent to the National Provation Centralised Database, held securely by the Ministry of Health. The collection of information helps to inform how services can be delivered in the best way possible. At this level your information is unidentifiable as it is part of an aggregated report produced from statistics. You may access any information held about you and ask for any necessary corrections by contacting our team. This information is looked after in accordance to the Privacy Act 2020 and the Health Information Privacy Code 2020.

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Before your procedure if you have any of the following symptoms please contact us.

- | | | |
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| <ul style="list-style-type: none"> • Cough • Fever | <ul style="list-style-type: none"> • Shortness of breath • Sore throat | <ul style="list-style-type: none"> • Blocked or Runny nose • Loss of sense of smell |
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Contact Information:

If you have any questions or concerns regarding your gastroscopy or the appointment time, please phone Gastroenterology Department on (09) 486 8920 extension 42828.

- Monday – Friday (8 am – 4:30 pm)
- For After Hours Support – (09) 486 8900 and ask for the Clinical Nurse Manager Waitematā Central

IF YOU NEED A TRAINED INTERPRETER PLEASE CONTACT THE HOSPITAL

Maori	Memea kaore koe e marama ana ki nga korero whaaki atu ki te takuta
Samoaan	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 hoi 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 부탁드립니다

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