

The test itself:

You will be escorted to the procedure room and introduced to the nurse and doctor who will be with you throughout your Gastroscopy.

The doctor will again check that you have a full understanding of your test and that you are willing to go ahead.

In order to monitor your heart rate and breathing, the nurse looking after you will place a probe onto one of your fingers. Your blood pressure will also be continuously monitored; you will be given oxygen throughout the procedure via your mouth guard. A nurse will be with you at all times, giving guidance/support.

You will be asked to remove any dentures then a throat spray will be administered. You will be asked to lie down on your left side. Your nurse will place a mouth guard in your mouth to protect your teeth.

The flexible tube will then be inserted gently into your mouth and pass over your tongue to the back of your throat. We would like to reassure you that although the test can sometimes be a little uncomfortable, it is not painful and you can breathe normally.

This test will take about 5-10 minutes to complete. After the test you will be moved to the recovery area where you will rest.

When will I find out the results of the test?

The doctor or nurse will speak to you before you leave the Day Services Unit and explain what was seen and done during your test and any follow up treatment required. A copy of the Gastroscopy report will be sent to your G.P. If a biopsy (a small piece of tissue) is taken the results may take several days. You will be given a list of discharge instructions by the nurse. Please read and follow them carefully.

What to do if you want to change or cancel your appointment? We understand that circumstances can arise that may make it necessary to rearrange or cancel your appointment. Should this be necessary, please contact the secretary who arranged your appointment. You will find the name and telephone number on your appointment letter. Please do this as soon as possible.

Please do not hesitate to contact the Day Services Unit if you have any difficulties or queries.
Telephone: 094 90 21733 Ext 2643/2644

Opening Hours
8.00 am – 5.30 pm.

Reviewed date January 2023



Information Leaflet: Gastroscopy

Mayo University Hospital
Tel: 094 90 21733 Ext 2346
and Ext 2347 (Elective Admissions)

Pre-Operative Anaesthetic Assessment
Clinic (PAAC) Ext 2415



Please bring your Medical Card / Health Insurance details with you to hospital.

Introduction

As your doctor has referred you to have a Gastroscopy in the Day Services Unit or Theatre, Mayo University Hospital, we are making this booklet available to you to help you plan for and understand the procedure and what is involved.

Please read this booklet carefully and follow the preparation instructions.

How do I get to the Day Services Unit?

The Day Services Unit is located on the Ground Floor of Mayo General Hospital. As you enter the main door of the hospital, go past the coffee shop on your right and along the corridor, the Day Services Unit will be on your right. **On arrival at the Endoscopy Unit proceed immediately to Admission receptionist to register.** The Receptionist will then inform the nursing staff of your arrival.

What to bring

- Appointment Letter
- Details of medical card or medical insurance
- List of your current medications
- Contact number of your escort home

What to wear

There are no special requirements for your procedure. The general rule is to wear something comfortable and loose as this is more comfortable to you after the test. No nail polish is to be worn.

You will be given a gown to change into and a denture pot if necessary. The hospital will not be responsible for any valuables/jewellery so please leave them at home.

How long will I be in hospital?

We aim to see you as soon as possible. Your appointment time is your arrival time to the unit and not necessarily the time of your test. This may happen some time later.

Please remember there will be other patients in the unit who may arrive after you but are taken in for their test before you. This is for medical reasons or maybe for a different procedure to yours.

If you are having sedation you will stay in hospital for a minimum of 2-4 hours. You need to be medically stable before you are allowed home. If you do not receive

Escorting Home

If you wish to be sedated for the test, please make arrangements to have an escort available to collect you after your procedure to take you home.

Please arrange for your escort to meet with you in the Day Services Unit as you are not permitted to leave the unit unaccompanied. You will also need an adult to stay with you overnight.

Please note the opening times of the unit.

It is important for the remainder of the day that you do not:-

- Drive
- Operate any machinery
- Consume alcoholic beverages
- Sign important documents
- Supervise children on your own

What is a Gastroscopy?

This is a test that allows the doctor undertaking the examination to look directly at the lining of the oesophagus (the gullet), the stomach and around the first bend of the small intestine, the duodenum. In order to do the test, an endoscope is passed through your mouth into your stomach. The endoscope is a long flexible tube (thinner than your little finger) with a bright light at the end. During the procedure, the doctor gets a clear view of the lining of the stomach and can check whether or not any disease is present.

Sometimes the doctor takes a biopsy – a sample of tissue for analysis. The tissue is removed painlessly through the endoscope using tiny forceps.

How do I prepare for the test?

It is very important that you do NOT eat or drink for at least 6 hours before your appointment, or this could lead to the cancellation of your appointment.

If any of the following apply to you, please contact the Endoscopy Unit or your GP before your appointment:

- You are an insulin controlled diabetic
- You are a diet or tablet controlled diabetic
- You are taking Plavix, Warfarin or Pradaxa
- You are taking Aspirin

What happens when I arrive?

On arrival, please report to reception where the receptionist will check your personal details.

You will be greeted by a nurse and escorted to the assessment area. Here you will be asked a number of questions about your medical history and have your pulse taken.

The nurse will explain the procedure to you. If you have any worries or questions, do not be afraid to ask. The staff will want you as relaxed as possible for your test.

Choosing how to have the test?

While it is the policy of this unit to use a local anaesthetic in the form of a throat spray for your Gastroscopy, a light sedation can be given if required.

Throat Spray – Local anaesthetic will be sprayed into the back of your throat to make it numb. You will be aware of the procedure and the doctor and nurse will be able to explain things to you during the test. You will be allowed to go home straight away and go back to work if you are required to do so. However you cannot eat or drink for at least 1 hour.

Sedation – sedation is given through an injection in your arm. It makes you sleepy and relaxed and it will take away some awareness of the procedure. However if you have sedation you will need to be prepared to stay in hospital for a minimum of 2 hours and will be unable to drive home therefore you will need an escort.

Signing the Consent Form

Before the procedure, the doctor will explain the test to you and will ask you to sign a consent form.

This is to ensure that you understand the test, and its implications.

If you have any queries or worries do not hesitate to ask.