

## **Dr Simon Louis - FRACP, MBBS**

### **Gastroenterologist**

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## **Gastroscopy Information**

### **What is a gastroscopy?**

A gastroscopy (gastrointestinal endoscopy) is commonly performed if your doctor suspects you have inflammation, ulcer or other abnormalities of the oesophagus (the pipe that connects the throat to the stomach), stomach or duodenum using a flexible tube to carry out a full colour inspection of these regions. It also allows biopsies to be taken from the small bowel, stomach and oesophagus.

Your stomach must be empty for the procedure as such you will need to **EAT NO FOOD FOR 5 hours** before the procedure. **You are allowed 200mls of water BUT only up until 4 hours before the procedure.**

### **Safety and Risks**

Gastrointestinal endoscopy is usually simple and safe. It is unlikely to cause problems for patients unless they have serious heart or chest problems. It is extremely rare for patients to have a reaction to sedation or sustain damage to the oesophagus from the procedure. If your teeth are brittle there is a risk that they may be damaged when placing the mouthguard. If you are concerned notify the nurse.

### **Special considerations**

Please inform us if you are allergic to local or general anaesthetics, iodine or latex. Please inform us if you are taking blood thinning tablets such as Warfarin, Coumadin, Marevan, have heart valve disease, a pacemaker implant or are diabetic. All other heart tablets and blood pressure tablets should be taken as normal with just a sip of water. You should inform your local doctor prior to your procedure if these allergies, medications or any other serious conditions apply to you.

### **PROCEDURE DATE:**

**AM**

**PM**

**If you are in a health fund please ensure that you contact them and find out your excess/co-payment.**

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#### **On the day of your procedure**

**NO FOOD FOR 5 HOURS** before your procedure.

Up to 200mls of water **BUT ONLY UP UNTIL 4 HOURS** before the procedure.

Arrange for an accompanying adult to drive you home. You will be at the Day Surgery for up to 3 hours. Nursing staff will contact them when you are ready to leave.

Leave jewellery or valuables at home.

Wear comfortable clothes and bring a warm jacket or cardigan with you as you may feel cold (a disposable gown may be provided to you)

Arrive for your procedure at your appointment time.

**Bring payment for health fund excess/co-payment or if uninsured the quoted fee.**

#### **Sedation/Anaesthetic**

At the beginning of the procedure your throat may be sprayed with a local anaesthetic. A mouthguard will be placed inside your mouth to protect your teeth and you will be given an intravenous sedation to help you relax, feel comfortable and reduce your awareness of the procedure. You will be given oxygen during the procedure and your heart rate, blood pressure and oxygen levels will be monitored. The procedure will take between 5-15 minutes and you will be sleepy for up to 1 1/2 hours afterwards.

#### **After the procedure**

You will remain in the recovery room until the effect of the sedation wears off. When you are awake you will be given a sip of water to check your swallowing. For about one hour after you awake you may feel bloated due to the air that is inserted during the procedure. Very rarely you may pass a small amount of blood due to biopsies that have been taken and this is of no concern. You will be given a discharge sheet with details of new medications, follow up appointment and details of biopsy taken (if any).

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### **Safety and Risks Associated with Gastroscopy**

Prior to attending for your gastroscopy it is important that you are informed of the risks associated with the procedure. Please also bear in mind that there are risks associated with not having the procedure e.g. missed diagnosis including cancer.

Gastroscopy is usually simple and safe. Your throat may be uncomfortable for a day or two but other side effects and complications are unusual. Severe damage to the oesophagus or stomach can occur during the examination but such complications are extremely rare (1 in 10,000 procedures). Dental damage and swollen lips can sometimes occur.

Complications of sedation are uncommon but in patients with severe heart or lung disease sedation reactions can occur. The anaesthetist will discuss sedation with you prior to the procedure.

Aspiration of secretion into the lungs is a potentially serious complication, sometimes requiring hospital admission, antibiotics and physiotherapy.

If you wish to discuss the possible complications with Dr Louis before the procedure, please inform the staff.

**YOU MUST NOT DRIVE A CAR OR USE ANY MACHINERY FOR 12 HOURS. YOU ARE ADVISED NOT TO MAKE ANY IMPORTANT DECISIONS FOR 12 HOURS AFTER THE PROCEDURE.**

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**Gastroscopy Consent**

Please answer the following questions at home prior to commencing preparation for gastroscopy.

1. Do you understand what is being done, and why?

**Yes/No**

2. Do you understand the risks associated with this procedure?

**Yes/No**

3. Have you fasted for 5 hours prior to this procedure?

**Yes/No**

4. Do you suffer from any allergies?

**Yes /No**

5. Do you have a companion with you to drive you home?

**Yes/No**

I have read and understand all of the information I have been given regarding gastroscopy.

I consent to Dr Simon Louis performing gastroscopy and understand the risks involved.

**Name**.....**DOB**...../.../.....

**Signature**.....**Date**...../.../.....

Please complete and bring with you on the day of the procedure.