



## GASTROSCOPY INFORMATION

The only preparation required prior to a gastroscopy, is that you **fast from all solid foods and fluids** (including water) before your arrival at South Perth Hospital Endoscopy Unit.

*If you are also having a colonoscopy, you must follow your Bowel Preparation Instructions.*

The following fasting times must be followed:

**Morning Procedures:** No food after midnight. You can drink water until **5am**.

**Afternoon Procedures:** No food after 7am. You can drink water until **11am**.

Please contact us if you are unsure or have any questions about your procedure on **9368 2333**.

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

A gastroscopy is a procedure in which a flexible tube with a camera at the tip is passed through the mouth in to the oesophagus, stomach and first part of the small bowel.

### **Why is a gastroscopy performed?**

A gastroscopy is performed to evaluate symptoms of indigestion, upper abdominal pain, nausea, vomiting, bleeding, or difficulty swallowing. Biopsies (samples of tissue) can be taken to determine sites of infection, to test the functioning of the small bowel and to diagnose abnormal tissue, including conditions such as coeliac disease and cancerous lesions.

### **How do I prepare for a gastroscopy?**

An empty stomach is essential for a safe examination, so you must not eat or drink, for a period of time before your procedure.

### **During the gastroscopy**

Before the procedure a light anaesthetic (sedative) is given. You may be slightly aware of what is going on in the room, but generally you won't remember anything. The back of your throat may be sprayed with local anaesthetic to make it numb, and a small mouth guard is put between your teeth. Once sedated and lying on your left side, the endoscope is passed through your mouth and then in turn through your oesophagus, stomach and duodenum.

The endoscope does not interfere with your breathing. The procedure takes about 15 minutes.

### **After a gastroscopy**

You will be monitored until most of the effects of the sedation have worn off. Your throat might be a little sore, and you might feel bloated because of the air introduced into your stomach during the procedure. You will be provided with light refreshments after your procedure.

### **Safety and risks**

If a biopsy has been taken there may be minor bleeding. Other potential risks include a reaction to the sedative used or very rarely, the stomach lining may be torn.

### **IMPORTANT INFORMATION**

- **Do not drive yourself to the hospital. You must arrange for someone to pick you up and stay with you the night of your gastroscopy.** Due to the medication you will be given, you must not drive or operate machinery until the following day.
- Wear comfortable, loose fitting clothing to hospital. Remove all jewellery and body piercings prior to coming to hospital.
- On the day of your gastroscopy, present directly to the Endoscopy Unit located on Fortune Street. You will be asked to arrive 30 minutes prior to your procedure and will be ready for pick up approximately 3 hours from the time you were dropped off.
- The outcome of your procedure will be discussed with you but due to the medication given, your recollection may be cloudy. You will be given a copy of your procedure report to take home. You will need to follow up with your referring GP.
- If you have any concerns or become unwell after your gastroscopy you should present to your nearest emergency department and take your report with you.