

## Having a Gastroscopy



*Endoscopy Unit*

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [yourexperience@rothgen.nhs.uk](mailto:yourexperience@rothgen.nhs.uk)

#### Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

#### Slovensky

#### Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک کە تۆ دەبیناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی ئەم بەلگەنامە بە تێبگات یان بێخۆیتنێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ئەم ژمارەیە سەروددا یان بەو نێمەیلە.

#### Arabic

عربي  
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

#### Urdu

أردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

#### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email [patientinformation@rothgen.nhs.uk](mailto:patientinformation@rothgen.nhs.uk)

## Having a Gastroscopy

### Welcome to the Endoscopy Unit

Welcome to the Endoscopy Unit. The Unit is situated on the Level 'C' main corridor, next door to the Chapel.

The purpose built unit was opened in September 1994, to undertake various endoscopic procedures. Your appointment is classed as a Clinical Procedure and not an out-patient appointment and you may be in the department for the full morning or afternoon.

### Opening Times

**Monday to Friday** 8.00am to 6.00pm

**Weekends & Bank Holiday** Closed

### Telephone

For general enquiries, both you, your relatives and friends may dial directly to the department's reception desk.

### The Reception number is

Rotherham (01709) 424439

If you need to change your appointment, the number is (01709) 427277

### Endoscopist

Mrs J D'Silva  
(01709) 427287

### Sisters in charge of the unit

Sister J Bonser  
Sister L Kinteh  
(01709) 424450

### Introduction

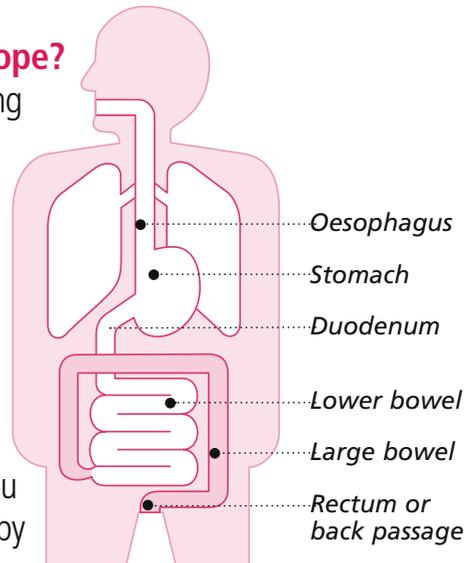
You have been advised to have a lower gastrointestinal Endoscopy, to help find the cause of your symptoms. The word "endoscopy" means "looking inside" and the instrument used is called an "Endoscope".

### Is there an alternative?

You could have a Barium Enema X-Ray Examination, however a Colonoscopy or Flexible Sigmoidoscopy is a more accurate investigation to find the cause of your symptoms and if necessary allows treatment or a biopsy to be performed.

### What is an Endoscope?

An Endoscope is a long flexible tube, thinner than your forefinger, with a bright light at the end. The endoscopist can view the image on a television screen (you can also see the television screen, if you want to). An Endoscopy of the whole large bowel or colon is called a Colonoscopy.



### Having a Gastroscopy

If you are Having a Gastroscopy to allow a clear view, the colon (large bowel) must be cleared of all contents, by following the special DIET, and taking the laxative fluid. Please Note: It is important to follow all the relevant instructions correctly.

### What about my normal medication?

Most of your normal medication can be taken as normal up to the day of your procedure. However, certain medications may need to be stopped for a short period before the test. In particular:

**Iron:** If you are on iron tablets these need to be stopped for 1 week before the test. You can start taking them again immediately afterwards.

**Diabetes:** If you are on tablets or insulin for diabetes, then let the doctor or nurse know, so that you can be given instructions on what to do about your medication.

### **Anticoagulants or Antiplatelet medication:**

If you are on any medications to 'thin the blood' such as aspirin, warfarin, clopidogrel or dipyridamole then please inform the doctor or nurse. How long you need to stop your medication for will depend on your individual circumstances. The endoscopist will tell you afterwards when to restart your medication.'

### Preparation and on arrival at the hospital

#### Empty stomach

To allow a clear view, the stomach must be empty. This is why you are asked to starve prior to the test.

#### On arrival

A pre-assessment will be performed by a nurse.

#### Important!

#### Please tell the nurse or doctor if you:

- Have a medical condition that may be worsened by the test, for example a chest or heart condition, epilepsy or diabetes.
- Have had any allergies, or adverse reactions to drugs or other tests.
- Are on any tablets, medicines or injections, for example insulin or warfarin or antiplatelet drugs such as clopidogrel or dipyridamole.
- Are suffering from an illness, for example cough, cold, sore throat etc.

The procedure will be explained to you and then you will be asked to sign a form giving your consent for the Endoscopy. If you have any questions, please ask.

### How is the Gastroscopy performed?

Just before starting the procedure, if you have spectacles, contact lenses or dentures, you will be asked to remove them and these will be kept for you. You will also be asked if you have capped, crowned or any loose teeth. In the examination room, you will be made comfortable on a couch, resting on your left side. A nurse will stay with you throughout the procedure.

The back of your mouth/throat is numbed with a local anaesthetic spray. The Endoscopist may give you an injection into your arm. This will make you feel relaxed and sleepy, but most gastroscopies are now performed without sedation. This is because the gastroscopes are now much smaller and are easier to swallow. The choice to have the procedure carried out with or without sedation will be yours.

To keep your mouth open, a plastic mouth guard will be placed gently between your teeth or gums - you will then be asked to swallow the gastroscope. Once swallowed, you will be asked to concentrate on breathing normally, this will help you to relax. The doctor puts a small amount of air into your stomach, through the gastroscope, to help view all the internal surfaces. This air may make you feel slightly bloated, but is usually removed at the end of the procedure.

## Having a Gastroscopy

### **Is it painful?**

No - but sometimes swallowing the tube may feel a little uncomfortable to begin with, and you may feel “bloated” due to the air being pumped inside your stomach.

### **Can the Gastroscope obstruct breathing?**

No - There is sufficient room around the gastroscopy tube to allow you to breathe normally, especially if you relax.

### **Will the Gastroscopy cause me to vomit?**

You may “gag” at the start of the procedure, whilst the Gastroscopy is being swallowed, but this rapidly wears off, and vomiting is unlikely and infrequent. If you have a lot of fluid or saliva in your mouth, the nurse will remove it using a suction tube, in the same way as the dentist does.

### **How long does it take?**

Less than five minutes, on average. It depends upon whether samples (biopsies) have to be taken.

### **Biopsies (Samples)**

Occasionally, it may be necessary for the doctor to take a Biopsy specimen from the stomach lining, for analysis/testing in the laboratory. A very small piece of tissue is removed, painlessly, through the endoscope, using tiny forceps. This causes no harm whatsoever, but some people may have some abdominal discomfort/tenderness after the procedure.

### Polyps

A polyp is a raised area of tissue on the surface of the lining of the gastro-intestinal tract, sometimes with a stalk. If the Endoscopist sees a polyp, they will remove this using a wire snare and diathermy (an electric current is passed through the snare, and it burns through the polyp, cauterising at the same time). The polyp is then retrieved, and sent to the laboratory for analysis/testing. Neither a biopsy nor removal of a polyp should normally cause harm to you, and are painless.

### Are there any side effects?

You may experience a slight sore throat, or a windy/bloated feeling in your abdomen. Both of these feelings will pass off, after a few hours and need no medication. If you have a sore throat, you can take a throat lozenge to ease it. If an injection for sedation has been given, you will feel very drowsy for the remainder of the day.

### Complications

If biopsies/polyps are removed, there is a small risk of bleeding. In some cases, you may need a further procedure, or occasionally an operation. There is a very small risk of perforation, in some cases you may require further treatment or an operation.

### After the Endoscopy

If you have not had a sedation injection, you will be asked to remain on the unit until any follow-up appointment, tests etc. have been made for you, should you require them. You may be given a drink, but if you have had your throat numbed by a spray, you will have to wait until your swallowing reflex is back to normal - this usually takes about thirty minutes. After this, you can eat and drink normally, unless the Endoscopist has told you to refrain for a longer period. If you have been given the injection for sedation, you will have to rest on the unit for approximately two hours, before being allowed home. You can continue to take your prescription medicines in the normal way, following the procedure.

### Going Home

If you are going home after the procedure following sedation it is essential that someone comes to the unit to collect you, and stays with you until you no longer feel drowsy or wobbly on your feet, approximately 24 hours.

Once home, it is important that you rest quietly for the remainder of the day. Sedation lasts longer than you think.

For the first 24 hours following sedation, you should not do any of the following:

**Don't drive** - Your judgment will be poor, and you may have an accident

**Don't operate machinery**

**Don't drink alcohol** - This will make you more drowsy

**Don't travel by bus** - It is unsafe

**Don't return to work until the following day**

**Don't sign any legal or official documents.**

The effects of the procedure and injection should have worn off by the following day, and the majority of patients are able to resume normal activities.

### **When am I notified of the results?**

In many cases, the doctor or nurse will be able to give you the results shortly after completion of the procedure. However, if biopsy specimens have been taken, the results may take several days. It is a good idea to have someone with you when the doctor or nurse speaks to you, as the effects of sedation cause many people to forget what has been said to them.

Details of the results, and any necessary treatments, should be discussed with whoever referred you for the test i.e. your own General Practitioner, Hospital Consultant or Doctor. It may be necessary to repeat the Endoscopy at a later date, in order to confirm the diagnosis (result), or assess the effects of any treatment prescribed. Repeated examinations are not harmful.

If you have any worries, or require further information, please contact the Endoscopy Unit, where the staff will be happy to help.

**If you wish to speak to the Endoscopy Service Manager the number is (01709) 427287**



## **How to contact us**

### **Endoscopy Service**

Telephone 01709 427287

### **Switchboard**

Telephone 01709 820000

## **Useful contact numbers**

### **NHS 111 Service**

Telephone 111

### **Health Info**

Telephone 01709 427190

### **Stop Smoking Service**

Telephone 01709 422444

### **A&E**

Telephone 01709 424455

### **For GP out of hours, contact your surgery**

## **Useful websites**

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

## **We value your comments**

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

### **Patient Experience Team**

The Oldfield Centre  
The Rotherham NHS  
Foundation Trust  
Rotherham Hospital  
Moorgate Road  
Rotherham  
S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 4.00pm

Email: [yourexperience@rothgen.nhs.uk](mailto:yourexperience@rothgen.nhs.uk)

Produced by: Mrs J D'Silva & Mr R Slater. Produced: October 2001.

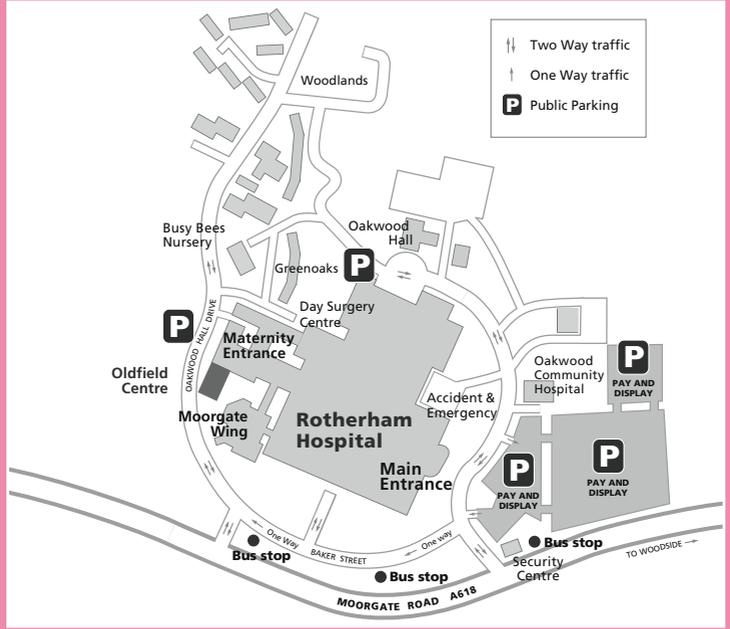
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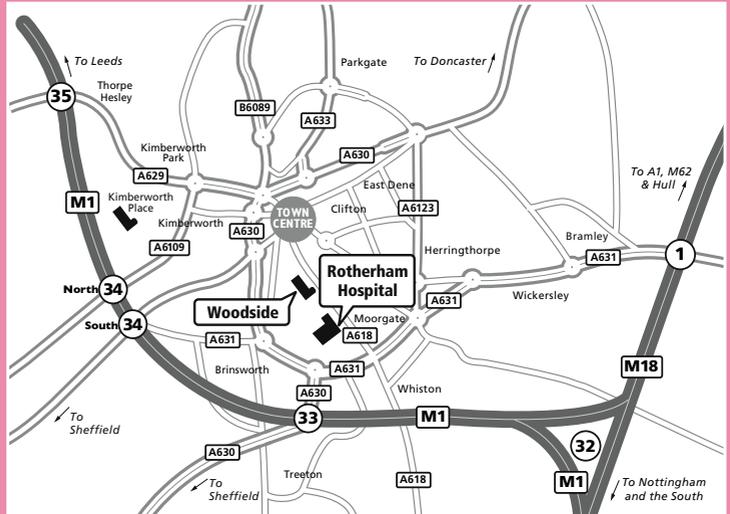
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# How to find us

## Hospital site plan



## Rotherham main routes





LS 159 01/15 V7 Jones & Brooks



The Rotherham **NHS**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

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[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

