



AUT EVEN HOSPITAL  
KILKENNY

## Gastroscopy Information

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Patient Information Leaflet

## What is a Gastroscopy?

Your doctor has advised you to have a gastroscopy procedure. A gastroscopy is a procedure that allows your consultant to look directly at the lining of your gullet (oesophagus), your stomach and the first part of the intestine (duodenum).

The instrument (scope) is a flexible tube with a bright light at the end. It is passed into your mouth, down your oesophagus into your stomach. The procedure may help to find the cause of your symptoms or even treat them.

During your procedure, your doctor may need to obtain samples (biopsies) to obtain information if any abnormality is seen. This will help to plan the best treatment for you.

Taking biopsies is painless. All biopsies are sent to the laboratories for analysis.

## Before Your Gastroscopy

You need to be fasting before the procedure. This is vitally important. **NO FOOD OR NO DRINK 6 HOURS BEFORE YOUR PROCEDURE.**

Before transfer to the Endoscopy suite, you will be asked to remove glasses, contact lenses and any false teeth.

## The Gastroscopy

Your Gastroscopy may be performed under sedation.

**SEDATION:** This is an injection given into your vein in your hand or arm to make you feel drowsy and relaxed.

On arrival to the Endoscopy suite, you will be asked to lie on your side. You will be placed on a monitor to take your blood pressure and a monitor is placed on your finger to check your pulse and oxygen levels. You will be given some oxygen to breathe through a mouth piece that you place in your mouth.

A cannula will be inserted into your hand or arm. Your sedation will be given to you through this cannula by your doctor.

The Gastroscopy can take up to 30 minutes. Air is passed through the Gastroscope into your stomach to improve the image of your stomach. This may leave you feeling "slightly" bloated after the procedure.

## After the Gastroscopy

If you have sedation, you will be transferred to the recovery area, where you will be cared for and monitored by the recovery nurse until you are fully awake.

Then you will be transferred back to the Day unit where you will be cared for and monitored by a nurse until it is safe for you to go home. The nursing staff will tell you when you may eat and drink before you go home.

Your consultant, when available, will speak to you about your procedure and discuss your results when you are fully awake.

If your procedure was carried out under sedation, it is very important that you have an adult to accompany you home (Car or Taxi) and for an adult to be with you until the next day. It is recommended that you do not drink any alcohol, do not drive a vehicle, do not sit near an open or unprotected fire, do not operate any machinery or sign any legal documents for 24 hours post procedure. This is because the effects of sedation last this long.

The staff here at Aut Even will do their very best to make your Gastroscopy as comfortable and stress free as possible.