

How to find our Endoscopy unit

Church Lane, Dersingham, Norfolk PE31 6GZ



Caring for our community



St Nicholas Endoscopy Unit, Dersingham

Gastroscopy Information

This leaflet has been designed to provide information about having a gastroscopy procedure and explains this process



St Nicholas Endoscopy Unit Dersingham

1 St Nicholas Court, Church Lane, Dersingham, Norfolk PE31 6GZ

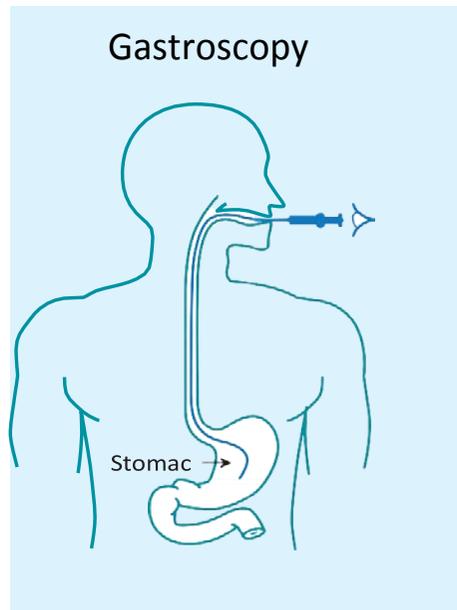
For further details about our services or facilities contact our Endoscopy Team

t: 01553 774221 option 4



What is a Gastroscopy?

A gastroscopy is an examination of the inside of your oesophagus (gullet) stomach, and duodenum (first part of your small intestine) using a slim, flexible tube (gastroscope) passed through your mouth. The tube contains a digital camera, allowing the endoscopist to look for problems which may be causing your symptoms. The procedure takes about 3-5 minutes.



What are the risks of gastroscopy?

The majority of gastroscopies are very safe and uncomplicated, particularly in community based units like ours.

You may suffer from a sore throat, or feel some wind in your stomach. This will settle. There is a small risk of damage to crowned teeth or dental bridge work. Very rarely, patients may have a reaction to sedative drugs, bleeding or perforation (tear in the lining). Please speak to your endoscopist if you are concerned, or would like more information.

If you would like treatment at the Endoscopy Unit from St James Medical Practice at Dersingham, you can contact your GP for a referral.

The benefits of using the services at our endoscopy unit:

- Short waiting times from the point of referral
- Choice of appointment date and time
- Patient centered environment
- Ample free parking
- Experienced staff working in a dedicated unit
- JAG accreditation
- Directly bookable on the 'E-Referral' service via your GP Practice

For further information please call the Endoscopy Team on 01553 774221 option 4

Do I need an anaesthetic for a gastroscopy?

A general anaesthetic is not required for these procedures.

For gastroscopy many patients have the procedure carried out by numbing the back of the throat with a local anaesthetic spray. Some people opt for light intravenous sedation as well as the numbing spray. Either option will be fully discussed with you upon admission.

If you choose to have sedation, certain restrictions apply following the procedure:-

- You will not be able to drive a car, travel by public transport, operate machinery or sign any legal documents until 24 hours following your procedure.
- You will require an escort home
- You may not use public transport

Aftercare

After your procedure, you will receive your results, and be free to go home within a few minutes. You can have a drink once your swallowing is back to normal (usually after 30 minutes)

If you have sedation, you will stay a short while in the unit until the effects have worn off. The endoscopy report and results of any samples will be sent directly to your own doctor but the results will be discussed with you and you will be given a copy of your report to take home.

Giving Blood after the Procedure

You will be unable to donate blood for 4 months following your procedure if you have been informed that you have had any biopsies taken, or any polyps removed.

What preparation is required before a gastroscopy?

For this examination to be successful, your stomach must be empty.
IT IS IMPORTANT TO HAVE NOTHING TO EAT OR DRINK FOR 6 HOURS BEFORE YOUR TEST.

If you are taking **Clopidogrel, aspirin or other antiplatelet tablets** continue taking them, unless otherwise requested in your appointment letter.

Anticoagulant advice: If you are taking **Clopidogrel, or other anti-platelet tablets**, you **may** be asked to stop it **5 days before the procedure** if it is considered safe for you to do so. If this applies to you details will be included in your appointment letter. You do not need to stop taking aspirin

If you take **warfarin or other blood thinning tablets**, please contact us as you **may** have to stop them prior to the procedure. If you have to stop warfarin it is usually for **5 days before your appointment and you need to have an INR done at your practice the day before and bring the result along with you on the day of the procedure.**

If you are taking Apixaban, Rivaroxaban, Dabigatran or Edoxaban, please omit on the day of the procedure

Unless instructed otherwise in your appointment letter You should stop the following tablets two weeks before the test, as they can mask endoscopy findings:-

- Omeprazole (Losec)
- Lansoprazole (Zoton)
- Pantoprazole (Pariet)
- Esomeprazole (Nexium)
- Rabeprazole (Aciphex)

If you have been asked to stop any of the above medication you may take Gaviscon to help relieve any discomfort.

About the gastroscopy procedure

A nurse will check your details, blood pressure pulse and allergies and explain the procedure. If you haven't signed your consent form, the nurse or endoscopist will explain and sign it with you. In the procedure room you will be made comfortable on a trolley, laying on your left hand side. There is no need to remove any clothing for gastroscopy.

A fingertip device measures your heart rate and oxygen levels. A small mouthpiece will be placed in your mouth, and the endoscope gently inserted into through this. This is not painful and will not affect your breathing. You may feel a little bloated as a result of the air used to inflate your stomach during the test.

A biopsy (small sample of tissue) may be taken during the examination to be sent to the laboratory for more tests. You cannot feel this being done. The nurse may clear saliva from your mouth with a small suction tube. The examination takes between 3-5 minutes.

A nurse will be with you to monitor and reassure you throughout the examination.

Do I need to bring anything else?

Make sure you bring a list of any medications you are taking. It is important to bring asthma inhalers, angina sprays and diabetic medication. Bring your consent form. You may sign this at home if you feel you have enough information

Interpreters

Unfortunately family members are not allowed to interpret, please contact us on the telephone number provided if you need an interpreter and we will book one for you.

Advice for diabetic patients

If you are a diabetic on medication, follow the instructions below

For a morning appointment:-

- The night before your test - Take half your normal dose of insulin and a bedtime snack.
- On the morning of the test - **Do NOT take your morning dose of insulin**, but bring your insulin with you to the clinic.
- Do check your blood sugar before leaving home - If it is low take a small amount of sweet drink.
- After the test - Administer your usual morning dose of insulin and then eat as normal.

For an afternoon appointment:-

- On the morning of the test - Take half your normal dose of insulin and a light breakfast at least 6 hours before the test is due.
- After the test - Have a light snack, take your normal evening dose of insulin and normal evening meal but check your blood sugar levels more often, taking sweet drinks if the level is low.

If you are diabetic on tablets follow the instructions below:

For a morning appointment:-

- The night before your test - Take half your normal tablets and a snack.
- On the morning of the test - **Do NOT take your tablets** but bring them with you to the clinic.
- After the test - Take your tablets and eat a snack, then return to your normal routine.

For an afternoon appointment

- The night before your test take half your normal tablets and a snack.
- On the morning of your test have a light breakfast at least 6 hours before the appointment. Check your blood sugar; if it is low take a small amount of a sweet drink.
- After the test have a light snack, and take your normal tablets in the evening with your evening meal.