

Information about your Gastroscopy

What is a Gastroscopy?

A gastroscopy is a procedure that enables your doctor to examine the lining of the oesophagus, stomach, and duodenum (first part of the small intestine). Under sedation a thin flexible tube is passed through your mouth into your stomach. During the procedure, tissue samples (biopsy) may be taken or other therapy performed.

Is Gastroscopy safe?

Gastroscopy is generally regarded as a safe and well-tolerated procedure. Although uncommon, you may feel temporary discomfort following the procedure. You may feel minor throat discomfort or temporary bloating afterwards. Occasionally there may be nausea or light-headedness following the anaesthetic. Complications are uncommon, but may include the following:

Teeth Damage – A bite-block mouthguard is used and tooth damage may occur – The risk is generally less than 1 in 500 procedures

Aspiration – if the contents of the stomach enter the airways – The risk is generally less than 1 in 100 procedures

Bleeding – after polyp removal or biopsy, may occur up to 10 days following the procedure. The risk is generally less than 1 in 100 procedures

Infection – rare

Perforation – a hole in the bowel that may require surgery – The risk is generally less than 1 per 1000 procedures.

What Preparation is required?

For the procedure to be safe and successful your stomach must be empty. This is achieved by not eating for at least 6 hours prior to the procedure and only drinking clear fluids as allowed. Please follow the preparation instructions carefully on the next page.

What do I need to bring?

You may need to bring your doctor's referral (if you have been referred directly by your GP). Bring your health fund and Medicare cards. Wear loose fitting clothing and leave jewellery and valuables at home.

What happens afterwards?

You may be drowsy for several hours following the sedation. A friend or family member must drive you home and stay with you till the next day. Your procedure may be cancelled if this has not been organised. You must not drive until the following day or longer if you drive a commercial vehicle. You should contact your doctor or attend and Emergency Department immediately if you experience any severe abdominal pain, vomiting or passing blood, difficulty breathing, fevers/chills, or any other symptoms you are concerned about.

Gastroscopy Instructions

Date of Procedure: _____ in the Morning / Afternoon

Doctor: _____

PROCEDURE LOCATION:

<input type="checkbox"/> Victorian Gut Centre	119 Plenty Road, Bundoora	Ph: 9466 8466
<input type="checkbox"/> John Fawkner Private Hospital	275 Moreland Rd, Coburg	Ph: 9385 2500
<input type="checkbox"/> Northpark Private Hospital	Cnr Plenty & Greenhills Road, Bundoora	Ph: 9468 0800
<input type="checkbox"/> Manningham Day Procedure Centre	L3, 200 High Street, Lwr Templestowe	Ph: 8850 0590
<input type="checkbox"/> Mitcham Private Hospital	27 Doncaster East Rd, Mitcham	Ph: 9210 3177
<input type="checkbox"/> Knox Private Hospital	262 Mountain Hwy, Wantirna	Ph: 9210 7018

Key Information

- The procedure time will be approximately 20-30 minutes
- The arrival time will be confirmed with you 1-2 days beforehand by the hospital
- Allow 3 hours from your arrival time before you will be ready to go home
- Ensure you have someone to drive you home afterwards
- Follow the instructions carefully to for your gastroscopy to be successful
- On the day, your doctor will see you before and after the procedure to discuss the results
- You will receive a hard copy of the report. The report and all results will also be sent to your GP

Medication

- Blood thinning medications: Please seek advice well prior to the gastroscopy. Aspirin can be continued.
- Diabetic medications: please seek advice on how to manage diabetes medication and insulin

Gastroscopy Diet Instructions

ON THE DAY (.....)	
6 hours Before your admission time Start at	<ul style="list-style-type: none"> • Do not eat anything in the 6 hours before your admission time • You can drink CLEAR FLUIDS until 2 hours before your admission time. • CLEAR FLUIDS are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth)
2 hours Before your admission time Start at	<ul style="list-style-type: none"> • FAST (No more clear fluids or anything to drink) • You can take regular medication with a sip of water but do not take diabetes medication • If you take blood thinning/diabetes medication, follow the instructions you have been given • Please arrive at the scheduled admission time