



SAINT JAMES
HOSPITAL

GASTROSCOPY PRE-PROCEDURE INFORMATION

What is a gastroscopy?

A Gastroscopy is an examination, whereby a thin, flexible tube with a camera and light at the end is carefully passed through the mouth, into the stomach and into the first part of the small intestine. This tube is called a gastroscope and it is connected to a screen on which pictures of the insides of the digestive system can be seen.

In order to make a correct diagnosis, your upper part of the digestive system must be clean and empty. Therefore, it is important to follow the fasting instructions below.

What are the benefits of a gastroscopy?

The main purpose of a gastroscopy is to identify the cause of the symptoms you are experiencing. The Specialist may choose to take biopsies (samples) and send them to the laboratory for further examination.

What are the risks of a gastroscopy?

Gastroscopies are considered to be safe, however, as in any other procedure, there are certain associated risks. Rare complications include bleeding or perforations. Other risks include discomfort, bloating and pain. As gastroscopies are done under sedation, you may also experience nausea, vomiting, reduced breathing effort and you may have a prolonged sedative effect. For this reason, you will be carefully monitored throughout the procedure, and also during your recovery period.

What can I expect on the day of examination?

You are usually asked to come in about an hour ahead of the procedure time for the pre-procedure checks that need to be performed by your Nurse and Doctor. The Nurse will ask you some routine safety questions and check your blood pressure and pulse. You will then be asked to change your clothing. Your Specialist will discuss the procedure with you and address any queries you may have. You will then be asked to sign a consent form before being accompanied to the Endoscopy Suite. The procedure will be carried out shortly after and it takes approximately 30 minutes; however, you should expect to be with us for a total of 3 to 4 hours to allow for proper recovery.

A small cannula will be inserted in your arm so that you can receive the sedative through it.

The effects of the sedative may last for up to 24 hours. It is therefore important you do not operate any heavy machinery, sign any legal documents, drink alcohol or drive for up to 24 hours after the procedure. You will need someone to drive you home and possibly to be with you overnight following your procedure. After the procedure, you may feel bloated and experience wind-like discomfort.

Once you are feeling well enough and have had something to eat and drink, you will be discharged. Your will be provided with the results of the Gastroscopy and any other instructions by your Specialist will also be given to you. Any biopsy results will be communicated with you at a later date, once the laboratory has processed them.



SAINT JAMES
HOSPITAL

How do I prepare for the procedure?

Do not have anything to eat for at least 6 hours before the procedure and only have a light meal before this time.

A light meal may include white bread/toast, white rice, rice noodles, rice crackers (plain), white pasta, potatoes (peeled), white flour, butter, margarine and sugar. We recommend toast and tea or coffee. Porridge, eggs and other foods that are fatty or difficult to digest are not recommended.

You may continue having small sips of water only until 2.5 hours before your procedure. Other fluids are not allowed as they may coat the stomach.

Do not drink alcohol on the day before and the day of the procedure.

Should you have any difficulties regarding the above you may call the Endoscopy Department between 07:00 and 17:00 (Monday to Saturday).