

GASTROSCOPY

Endoscopy is a procedure where a flexible scope is introduced into your mouth and passed to examine the lining of the oesophagus, stomach and duodenum.

If your endoscopy is in the morning, do not have anything to eat or drink after midnight.

If your endoscopy is in the afternoon, do not have anything to eat or drink for five hours before presenting to the Endoscopy Unit.

It is important that your stomach is empty at the time of examination.

On arrival you will be asked to sign a form giving your consent for the procedure.

Prior to the procedure you will be asked if you wish to have an injection to sedate (calm) you. It will not 'knock you out', but will make you very sleepy and most people do not remember the procedure. If you have dentures you will be asked to remove these and then the back of your throat will be sprayed with a local anaesthetic spray to numb the skin there.

You will be placed on your left side, facing the endoscopist, and a mouthpiece will be put between your teeth or gums in order to prevent you biting on the endoscope. Biopsies may be taken for examination by a pathologist, this is a painless procedure.

After the Endoscopy

If you have had sedation, you will be kept under observation until you wake up sufficiently to leave hospital. The sedation may affect your judgment and reflexes for at least 12 hours, so:

1. Do not drive/use public transport, use machinery or make important decisions.
2. Please arrange for someone to collect you after the examination.
3. Avoid alcohol and other sedatives for 24 hours.

Once you are fully awake you may eat and drink. As the back of your throat has been sprayed with a local anaesthetic you may not be able to feel if the drinks are excessively hot so they should be tested first. There may also be a little difficulty in swallowing if the throat is still numb so please take care with the first sips of fluid. Should a lot of coughing develop, do not drink until the throat is no longer numb.

Following the endoscopy you may have a little soreness in the throat and you may have some abdominal discomfort due to the air inserted into your stomach during the endoscopy. Occasionally there is some irritation at the injection site. If you have severe pain, please consult either the endoscopist or the Endoscopy Unit on 9370 9515.

Clinics and Endoscopy Services

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