

Gastroscopy

Introduction

You have an upcoming appointment for a gastroscopy. This is an internal examination of the oesophagus, stomach and duodenum. This brochure contains important information about this examination and how you can prepare for it.

Important

- You must be sober starting 6 hours before the examination. More information about this can be found on page 2.
- If you use blood thinners, it is important to carefully study the information on page 2 and consult with your physician.
- You may receive some light sedation during this examination. Your physician will discuss this with you.
- Are you getting a light sedative? You may not go home without assistance. Your helper can wait in the waiting room, but cannot enter the department or be present during the examination.
- Ill or unable to attend? Inform us as soon as possible on phone number +3188 75 573 66.
- Talk to your physician if you:
 - are allergic to certain medicines.
 - are or may be pregnant.
 - suffer from a cardiac and/or pulmonary condition.

Questions?

If you have any questions following this brochure, please call us on telephone number: +3188 75 573 66. We are available on business days between 08:00 and 17:00.

Goal of the examination

During this examination, the physician will assess the lining of the oesophagus, stomach and duodenum. If necessary, the physician can remove small bits of tissue (biopsy) for microscopic examination.

Duration of the examination

The examination takes 5 to 15 minutes.

Preparation

Your oesophagus and stomach must be empty for a gastroscopy. This is why you need to be sober. This means that you cannot eat, drink or smoke starting six hours before the examination.

The examination cannot take place if you are not sober.

Medication

If you take medication, you may take these with a sip of water until 3 hours before the examination. You may postpone your medication until after the examination. Discuss this with your physician.

Blood thinners

Are you using blood thinners? In some cases, you must temporarily stop using blood thinners before the gastroscopy. Always discuss this with the physician who has requested the gastroscopy.

Diabetes mellitus

Are you suffering from diabetes mellitus and do you use insulin? Adjust the morning dose of insulin on the day of the gastroscopy in consult with your physician.

If you use tablets, you may take a normal dose on the day before the examination.

On the day of the examination:

- Do not take medication before the examination.
- After the examination:
 - When you take one dose per day, start with your next meal.
 - If you take one, two or three doses per day: start with the normal dose at the next meal.

Throat anaesthesia and/or a light sedative

Throat anaesthesia

You can choose to receive throat anaesthesia. Your throat will then be numbed with a spray. The spray ensures that you will gag less when the gastroscope is inserted.

Light sedative

You can use a sedative during the gastroscopy. This is also called a sedative or soporific.

A sedative is not a general anaesthetic. It makes you sleepy during the examination. This reduces any anxiety. The light sedative increases the chances of complications, however.

The sedative will be administered through a needle in your arm. If you have previous bad experiences with placing an IV, please inform us beforehand.

During the examination

The start of the gastroscopy

The nurse will pick you up from the waiting room and bring you to the preparation room. You will take place on a bed and we will discuss your details with you. If you are given a light sedative, we will insert an IV needle. An endoscopic nurse will pick you up and bring you to the examination room. The physician will ask you a number of questions, also called time-out.

If you are given a sedative, we will measure your blood pressure, heart rate and oxygen level.

You will be given a drink to prevent foaming in the stomach during the gastroscopy. If desired, you will be given throat anaesthesia.

We will ask you to remove any loose dental parts and take off your glasses. You will be given a protective teething ring during the examination.

Inserting the gastroscope

You will lie on your left side on the examination table. The nurse will place the teething ring between your teeth to protect the gastroscope (a thin, flexible tube) and your teeth. The physician will place the gastroscope through the ring into your throat and will ask you to swallow.

Air

During the insertion of the scope and the rest of the examination, you can continue breathing in and out through your nose or mouth. There is sufficient space in your pharynx to continue to breathe normally. During the examination, air will be blown in to give us a good look at your oesophagus, stomach and duodenum. This air may let you burp.

Biopsy

If the physician considers it necessary, a bit of tissue (a biopsy) may be removed for further examination. This is not painful. When the examination is done, the physician will remove the gastroscope.

After the examination

After the examination, the nurse will bring you back to the recovery room. If you have been given a sedative, you must sleep here for up to an hour. You may eat and drink again when you have fully woken up. We will call your helper after the examination about the time you may be picked up. You may not leave the department without guidance.

If you have not been given a sedative, you may leave the department once you have received all papers. If you have been given throat anaesthesia, you need to wait one hour before you can drink and eat again. You will be given a dismissal letter. This will specify what has been seen/done during the examination and what you must do in case of complications.

Driving and guidance after a sedative

You may not drive a vehicle (car, motorbike, scooter, bike) for the rest of the day if you have been given a sedative. You need to bring a family member of acquaintance if you take a cab or use public transport.

When there is no-one to guide you home, you cannot receive a sedative. We recommend discussing a solution with the physician who has requested the examination.

Possible complications

A gastroscopy is a safe examination. In rare cases, there may be complications:

- You may have a sensitive throat for a few days after the gastroscopy.
- If you choke, stomach content may end up in the lungs. Occasionally, this may cause an infection.
- The sedative may in rare cases result in respiratory problems or cardiac impairment.

When to contact us

If you experience severe abdominal pain, fever and excessive bleeding, you should contact us. You can call the endoscopy department on +3188 75 573 66 on business days between 08:00 and 17:00. Outside of these hours, you can call the MDL nursing department on +3188 75 562 22.

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