

**Information and instructions for upper gastrointestinal endoscopy**

Upper gastrointestinal endoscopy or gastroscopy is an examination of the upper gastrointestinal tract using a thin, flexible instrument. The gastroscope is passed through the mouth into the upper gastrointestinal tract and allows direct visual inspection of the oesophagus, stomach and duodenum. Biopsies (tissue samples) may be taken during the procedure. Gastroscopy is not painful and you will be able to breathe throughout the whole procedure.

**PREPARATION FOR GASTROSCOPY**

On the day of the test you may not eat anything for 6 hours prior to the gastroscopy. You may drink clear fluids (without solid material or milk) up until 4 hours before the gastroscopy.

**If you are diabetic, you will need to discuss your medication with your doctor or Dr Taylor / Dr Kalade / Dr Friedman / Dr Cameron. Take other medications as usual with a sip of water. Please take nothing by mouth after this time.**

**THE PROCEDURE**

A local anaesthetic throat spray may be given to numb the throat. An intravenous needle is inserted in the arm or hand, through which a sedative drug is given. This will make you sleepy for a short time, but is not a general anaesthetic. You will remember little or nothing about the procedure.

**COMPLICATIONS**

Complications are very rare in upper gastrointestinal endoscopy. Serious problems such as damage to the gut or anaesthetic complications occur in approximately 1 in 10,000 cases. If you wish for a more detailed discussion of the risks involved, please ask Dr Taylor / Dr Kalade / Dr Friedman / Dr Cameron prior to the procedure.

**AFTER THE PROCEDURE**

It is normal to feel a little bloated and to belch immediately following the procedure. You may have a mild sore throat. Please contact Dr Taylor / Dr Kalade / Dr Friedman / Dr Cameron or present to your nearest hospital if you experience severe pain, vomit blood, pass black bowel motions or have a high fever within 24 hours following your endoscopy.

The sedative you are given for the procedure may affect your memory of the procedure and the events of the next hour or so. A relative or friend, with your permission, may be given information. Because the sedative may interfere with your judgement or ability to concentrate, **you should not drive a motor car, ride a bicycle or travel unaccompanied, use dangerous machinery or sign important documents for the remainder of the day. It is necessary to arrange for a friend or relative to take you home from the hospital. You must have an adult staying with you in the home overnight following your procedure.**

Day: .....	Date: .....
No food after: .....	Admission time: .....
You may have water until: ..... then nothing by mouth	
However, you should take your normal medications with a sip of water – except for those medications you have been specifically advised not to take.	Estimated Procedure Time: .....