

GASTROSCOPY

The Inside Story



ENDOSCOPY

AUCKLAND

Gastroscopy is a visual examination of the lining of the upper gastrointestinal tract using a narrow flexible telescope (endoscope). The image produced via the video processor is displayed on a television screen that allows an excellent view for your specialist. Special instruments can be passed down the endoscope to obtain a biopsy (a tiny tissue sample) or to remove polyps. All samples are sent to the laboratory for analysis. The gastroscopy visualises the oesophagus, stomach and duodenum (beginning of the small bowel).

Please note: your appointment is for an endoscopy procedure only. Although you will get results of the procedure this is not a specialist consultation.

Preparation for a gastroscopy

When you phone to make your appointment the secretary will give you details – however generally you are to have **NOTHING** to eat for 6 hours prior to your appointment time, but you may have clear fluids up to 2 hours before.

Bring with you

- Any x-rays relevant to your procedure.
- A list of current medications you are taking.
- Medical insurance prior approval number/letter (if applicable).

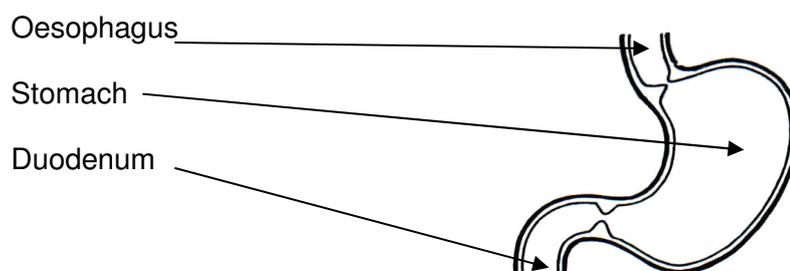
Because you will have had sedation, it is important that you arrange for someone to drive you home following your procedure. You are not permitted, by law, to drive yourself. For safety reasons you may not walk home.

On arrival

- Further information regarding the procedure you are having will be made available to you.
- A nurse will obtain health details from you.

The procedure

- In the procedure room you will be lying on a bed..
- A local anaesthetic is sprayed into the back of your mouth.
- Sedating medication is given to help you relax. This is optional but it does facilitate the procedure considerably.
- Gastroscopy involves passing the endoscope through the oesophagus, stomach and duodenum.
- Most procedures take 15–30 minutes. However your stay at the clinic will be approximately 1½-2 hours.



Safety and risks

The gastroscope is completely cleaned and disinfected between each patient to avoid the risk of transmission of serious diseases such as HIV or hepatitis.

There is a small risk of teeth being damaged during the procedure.

Serious complications of gastroscopy are rare, at less than one in 10,000 examinations. However complications can occur and include the following:

- Gastroscopy is considered to be a very accurate test. However, there is a risk that an abnormality may not be detected.
- Reaction to the sedatives or anaesthetic drugs. This is very uncommon but is especially of concern in people who have severe heart disease or lung disease.
- Perforation (making a hole in the upper GI tract wall).
- Major bleeding.
- It is possible if these serious complications occur that you may require surgery or a blood transfusion.
- Rare side effects can occur with any procedure. Death is extremely rare.
- If you wish to have further details please discuss this with your endoscopist before the procedure.
- If you have any of the following symptoms in the hours or days after gastroscopy you should contact Endoscopy Auckland, your endoscopist or GP immediately: *severe abdominal pain, black tarry motions, persistent bleeding, fever or other symptoms that cause you concern.*

Section 29 Drugs

- The Medicines Act 1981 permits an authorised prescriber to prescribe, administer or arrange for the administration of medicines for the treatment of a patient in his or her care. **The medicine and its use may or may not be approved.** The Act also permits the sale or supply of unapproved medicines to registered medical practitioners, but requires the supplier to notify the Director-General of Health.
- Under Section 29 of the Medicines Act 1981, a medical practitioner may obtain a non-registered medication for a named patient under their care for a specific treatment. From time to time a Section 29 drug may be administered to you while you are in the care of Endoscopy Auckland, and if administered, Endoscopy Auckland are required to provide your details to a third party. You therefore need to consent to the administration of a Section 29 drug if required and to the sharing of your personal information with Medsafe and the storing of the information on their database, as a requirement of the Medicines Act.

After the gastroscopy

Following your procedure you will be wheeled into the recovery room where you will rest to allow the sedation to wear off.

When you are awake your specialist will discuss your examination results with you. **Sometimes you do not clearly remember the discussion or even that the specialist spoke to you (due to the sedative) and hence a written summary will also be given to you for your reference. A detailed report will be sent from your specialist to your GP or referring doctor.**

A light snack will be served before you leave the clinic.

Most people are able to resume normal activities the following day.

Laboratory results from any biopsies taken will be sent to your GP or referring doctor and Endoscopy Auckland for your specialist to review (can take up to 5 days).

Endoscopy Auckland was opened on 1 April 1997 and is a purpose-built facility specialising in endoscopy.

The team is comprised of endoscopists (surgeons and gastroenterologists), specially trained registered nurses, and administration staff, who all acknowledge quality care as our top priority.

If you have any queries or require further information do not hesitate to contact us.

We welcome and appreciate your feedback.

If you have any issues you wish to discuss further please feel free to contact the Hospital Manager.

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