

**THE MOST IMPORTANT
THING WE DO IS PROVIDE
THE BEST HEALTHCARE
AND MEDICAL SERVICES
FOR OUR PATIENTS
IN A CARING AND TIMELY WAY**

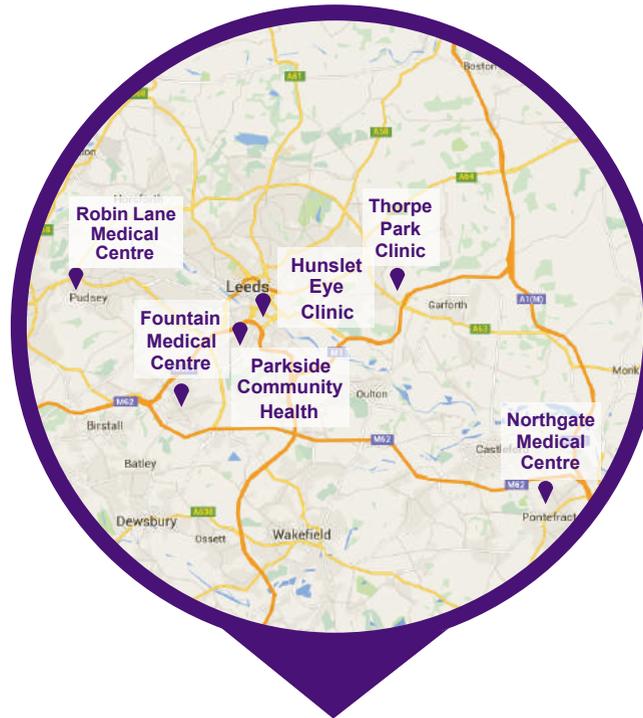
For any further information on your appointment or our services, please call our booking office number on

0113 249 4655

or email us on

email@livingcare.co.uk

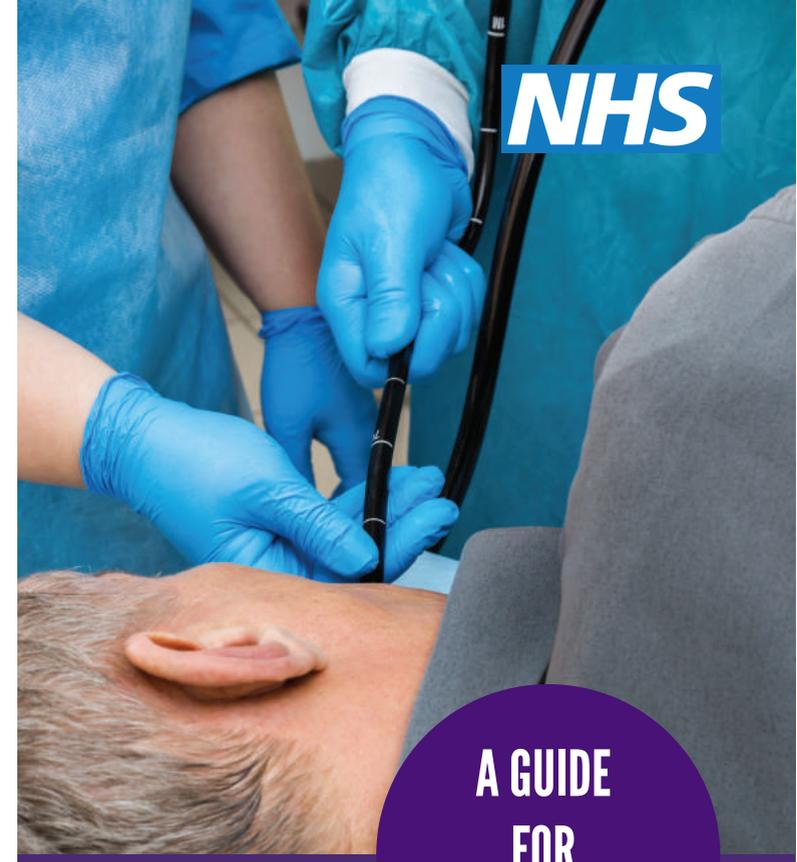
where our friendly and efficient staff will do their very best to assist you



**YOU CAN FIND ALL INDIVIDUAL CLINIC MAPS,
DIRECTIONS AND BUS ROUTES ON
WWW.LIVINGCARE.CO.UK
UNDER 'PATIENTS'**



LivingCare is the trading name for Fountain Diagnostic Limited and Leodis Care Limited. Fountain Diagnostic Limited whose registered office is at 96 Marsh Lane, Leeds LS9 8SR and registered number is 05814528. Leodis Care Limited whose registered office is at 5-7 East Park Road Leeds LS9 9JD and registered number is 06442564



**A GUIDE
FOR
PATIENTS**

UPPER GI ENDOSCOPY

YOUR APPOINTMENT AT LIVINGCARE.



UPPER GI ENDOSCOPY PATIENT INFORMATION.

An upper GI endoscopy (or gastroscopy) is a procedure which allows the doctor or nurse to look at the lining of your oesophagus (gullet), stomach and duodenum (first part of the small bowel) using a flexible telescope.

WHY DO I NEED AN ENDOSCOPY?

Your doctor has recommended an upper GI endoscopy. However, it is your decision to go ahead or not. This leaflet will provide information to help you make up your mind. If you have any further questions you can ask your GP or a member of the endoscopy team.

IS THERE AN ALTERNATIVE?

An upper GI endoscopy is the most accurate and efficient way to diagnose conditions relating to the oesophagus, stomach and duodenum. Occasionally a barium meal (x-ray) could be done instead but these provide less useful information. You may already have been tested for a stomach bug called helicobacter pylori.

BEFORE THE PROCEDURE.

Let the endoscopy team know your appointment if you take insulin or blood thinning drugs as you will need special advice on how to prepare for the test.

You should not eat or drink anything for six hours before your appointment. This is to make sure your stomach is empty so the endoscopist can have a clear view of your stomach. It will also make the procedure more comfortable for you.

For patients on warfarin, you will need to have an INR blood test 48 hours before your appointment. Please arrange this with your own GP and bring the results with you.

Your individual letter will tell you which medication you must not take. Other usual tablets may be taken with a small sip of water. Before the procedure the health team will carry out a number of checks and you will be asked to sign a consent form.

DURING THE PROCEDURE.

An upper GI endoscopy usually takes 5-10 minutes. Most people have the test with a local anaesthetic throat spray to numb the throat and allow the scope to pass comfortably. If appropriate, the endoscopist may offer you a sedative to help you relax. If you decide to have a sedative this will be given through a needle in your arm or the back of your hand.

The local anaesthetic is sprayed onto your throat and you will be asked to swallow it. It can taste unpleasant. You will be asked to lay on your left side and place a mouthpiece into your mouth. Your oxygen levels and pulse will be monitored by a small clip on your finger, and you may have some additional oxygen through small tubes in your nose.

The endoscopist will place the endoscope down your throat. A swallow can help ease the endoscope down your oesophagus into your stomach. The endoscopist will be able to look into your duodenum and take small pieces of tissue if required (biopsies) or photographs. The procedure is not painful but you may feel bloated after the test.

HOW SOON CAN I GO HOME?

If you did not have a sedative you should be able to go home straight away and return to your normal activities. You will be offered a mouthwash after the test. You should not eat or drink anything for an hour.

You will need to recover for up to an hour. You can eat and drink after sedation when you feel awake enough. You will need a bring a responsible adult with you to your appointment who will wait in the waiting room for you to take you home in a car or taxi and stay with you for twelve hours.

You cannot drive, operate machinery, undertake any potentially dangerous activities, go to work or look after children alone for at least 24 hours. You must also not drink alcohol or sign legal documents for at least 24 hours.

WHEN WILL I GET MY RESULTS?

You will be given a verbal and written report and aftercare advice before you leave. You will be advised when to see your own GP or hospital doctor for treatment or biopsy results.

RISKS AND COMPLICATIONS.

The endoscopy team will make your procedure as safe as possible. Rarely however, complications can happen. The overall risk is about 1:10,000 cases. These include making a hole in the gut (perforation), serious bleeding, breathing difficulties or heart irregularities, reactions to drugs, or damage to teeth or bridgework. Sometimes the procedure cannot be completed. You may want to discuss these with the endoscopist.

It is quite usual to have a sore throat or feel bloated after the test.

**MISSED PATIENT APPOINTMENTS
ARE COSTING THE NHS
A HUGE 7 BILLION POUNDS
PER YEAR!**

If you are unable to make your appointment - please contact us on [0113 249 4655](tel:01132494655) or text [07713 198617](tel:07713198617) and we will happily rearrange or cancel for you.



