



After your gastroscopy

1. You will be monitored in a recovery room until most of the effects of sedation have worn off.
2. You may have a sore throat or some mild cramping after your procedure. The cramping may disappear when you pass wind.
3. Because of the sedation you **will not** be able to drive, operate machinery, sign legal documents or drink alcohol for the rest of the day. You must have a friend or relative to accompany you home by car or taxi and they must stay with you overnight.
4. A copy of your procedure report will be given to you to take to your referring doctor.
5. It is important for you to recognise early signs of possible complications. If you have severe abdominal pain, fevers and chills, or bleeding from the bowel you should contact the hospital on 03 9231 2211 and ask to be transferred to the Emergency Department.

To confirm or cancel your appointment or if you require further assistance

Contact

St Vincent's Waiting List Officer (general enquiries)
Tel: (03) 9231 2272 (Monday to Friday,
8:30am – 4:30pm)

St Vincent's Hospital (general enquiries)
Tel: (03) 9231 2211

If your clinical condition has changed since your initial assessment, please contact the Liaison nurse on 9231 2322

Address

Day Procedures and Endoscopy
St Vincent's
1st Floor, Inpatient Services (Building A)
Princes Street
Fitzroy VIC 3065

Gastroscopy

Essential Information and Instructions for Patients

MUST READ

The procedure

Your doctor has referred you for a gastroscopy.

A gastroscopy involves the use of a flexible tube with a camera to examine the gastrointestinal tract including the oesophagus, stomach and first part of the small bowel (see image below).

The procedure is commonly used to investigate symptoms such as bleeding, pain, nausea and difficulty swallowing. Biopsies may be taken or polyps removed during gastroscopy.

The procedure will take between 5 and 20 minutes. The minimum recovery time is 1 hour.

It is important that you follow the instructions in this brochure carefully to ensure that your procedure is effective.

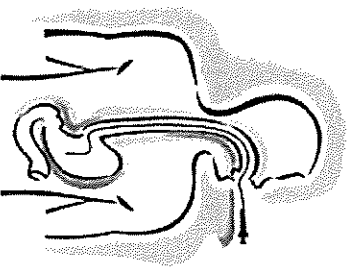


Image courtesy of
www.gesa.org.au

Safety and risks

Gastrosopies are usually simple and safe procedures. However, there are some rare complications which you should be aware of.

These may include:

- Bleeding (usually only if biopsies are taken or polyps removed)
- Reaction to sedatives
- Complications from heart or lung disease
- Perforation (a tear in the gastrointestinal tract lining)

It is possible if these serious complications occur that you may require surgery or blood transfusion.

One week before your gastroscopy

1. Call Waiting List Officer on 03 9231 2272 to confirm your appointment.
2. Arrange for a friend or relative to accompany you home by car or taxi after your procedure and they must stay with you overnight.
3. Please cease the following medications, if you are taking them: iron tablets and drugs to stop diarrhoea.
4. If you have diabetes and take any tablets or insulin, you must discuss this with your GP.

On the day of your gastroscopy

1. You may eat and drink normally up until 7am. No solid food or milk should be consumed after this time.
2. You may drink **water or apple juice** (CLEAR not cloudy) up until **11am** to assist with your hydration.
3. You may take your usual medications with the above fluids at 6am, except for medications that are being withheld for the procedure.
4. Wear comfortable clothing and flat shoes. DO NOT wear jewellery or bring valuables.
5. Please report to the reception desk – Day Procedures, 1st Floor, Inpatient Services (Building A) at the time of your appointment. Prepare to be at St. Vincent's for a minimum of 5 to 6 hours (bring something to read).
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