



**St Vincent's**

*Continuing the Mission of  
the Sisters of Charity*



### *After your gastroscopy*

1. You will be monitored in a recovery room until most of the effects of sedation have worn off (minimum of 1 hour).
2. A copy of your procedure report will be given to you to take to your referring doctor.
3. You will not be able to drive, operate machinery, return to work or drink alcohol for the rest of the day. You must have a friend or relative to accompany you home by car/taxi and stay with you for 12 hours. If you have not arranged this your procedure will be rescheduled.
4. There may be mild, temporary discomfort following your procedure. If you have severe pain or feel very unwell you should phone the hospital on (03) 9288 2211 and ask to be put through to the Emergency Department.

### *Safety and risks*

Gastroscopies 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 are removed)
- Reaction to sedative
- Complications from heart or lung disease
- Perforation (a tear in the gastrointestinal tract lining).

If these serious complications occur it is possible that you may require surgery or a blood transfusion.

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

#### *Contact*

St Vincent's Day Procedures (general enquiries)  
Tel: (03) 9288 4424 (Monday to Friday, 9am-5pm)

St Vincent's (general enquiries)  
Tel: (03) 9288 2211

#### *Address*

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

Oct 2010

#### Mission

Our health service is based on and driven by our quest for:  
Compassion – Justice – Human Dignity – Excellence – Unity

## *Gastroscopy – morning procedure*

Information and instructions  
for patients

Please notify Day Procedures if you are pregnant, or suspect that you are pregnant.

### *The procedure*

Your doctor has referred you for a gastroscopy (also known as upper endoscopy). 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 takes between 5 and 15 minutes.

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

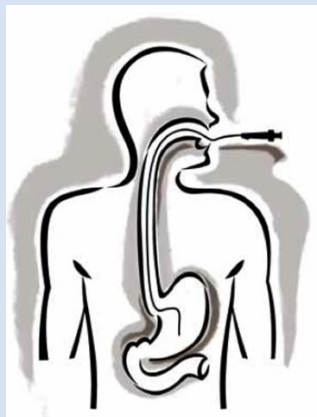


Image courtesy of  
[www.gesa.org.au](http://www.gesa.org.au)

### *One week before your gastroscopy*

1. Read all preparation instructions.
2. Arrange for a friend or relative to take you home and stay with you overnight after the procedure. If you do not arrange this your procedure will be rescheduled.
3. Call Day Procedures to confirm your appointment.

### *The day before your gastroscopy*

1. Have nothing to eat or drink from midnight before your procedure.
2. Take your usual medications with a sip of water at the usual time except for medications that are being withheld for the procedure (as directed by your doctor).

Your stomach must be empty so that the doctor performing your procedure has clear vision.

### *On the day of your gastroscopy*

- DO NOT EAT ANY SOLID FOODS
  - DO NOT DRINK ANY LIQUIDS
  - DO NOT DRINK ALCOHOL
1. Take your usual medications with a sip of water at the usual time except for medications that are being withheld for the procedure (as directed by your doctor).
  2. Wear comfortable clothing and flat shoes.  
DO NOT wear jewellery or nail polish, or bring valuables.
  3. Please report to the reception desk, Day Procedures, 1st Floor, Inpatient Services Building.
  4. Prepare to be at St Vincent's for a minimum of 3-4 hours (and bring something to read).
  5. At the beginning of your procedure your throat will be sprayed with a local anaesthetic. You will also be given sedation by injection into a vein to make you more comfortable.