You will be attached to a heart monitor to record your heart rate, blood pressure and oxygen levels. You may be started on oxygen through a short tube in your nose.

It is common during the procedure to experience gagging or a choking feeling. However, the procedure only last a few minutes.

What should I expect when I am sent home?
If sedated, you must be accompanied home by a responsible adult. Following sedation, you MUST NOT drive a car, work, operate machinery, sign legal documents, supervise children on your own or drink alcohol for 24 hours. The sedation used will make you forget things. You may find your memory of the few hours immediately after your OGD to be impaired.

If sedated, it is to be expected that you will feel drowsy following you OGD. You may experience some mild discomfort to your throat following the procedure which should resolve within 24 hours.

Should you experience any sudden onset of pain or vomiting or if you vomit any blood please go to your local Accident and Emergency Department.

You may resume normal daily activities the day after your OGD.

Please do not hesitate to ring this number if you have any difficulties.

The day unit can be contacted on 01 293 7586 between 07.00hrs – 17.00hrs.

What happens after Gastroscopy?
You will return to your cubicle on the day unit to recover. Your heart rate and blood pressure will be monitored until you wake up.

Once awake and alert you will be given a light snack. You must have a return of your gag reflex before you will be allowed to eat.

When will I find out the results of the test?
It is the decision of the consultant performing the test if he/she will see you immediately following the test or if an appointment will be made in the outpatient rooms. **If the Doctor plans to speak to you after the test, it is recommended that you have someone present with you.**

As a result of the sedation many people forget the procedure and what has been said to them. If a biopsy was taken the results may take several days. Details of the necessary treatment should be discussed with the Doctor who ordered the test.

Unless otherwise instructed, you should make arrangements for a follow-up clinic appointment with your consultant or referring doctor after the test.
What is Gastroscopy?

Gastroscopy (OGD) is a test which allows your Doctor to look directly at the lining of the upper gastrointestinal tract. The upper gastrointestinal tract refers to the oesophagus (food pipe), stomach and duodenum (1st portion of small bowel). Gastroscopy is performed in the Endoscopy Unit.

Gastroscopy may be performed with or without sedation and does not require an anaesthetic. You could experience some discomfort during the procedure, but will be made as comfortable as possible.

In order to perform the test your Doctor will insert a gastroscope which is a thin flexible tube with a light at the end. The gastroscope enables your Doctor to directly see the lining of the upper gastrointestinal tract and to take pictures at various stages along it.

How do I prepare for my procedure?

Day prior to OGD:
To allow a clear view, the stomach must be empty. Therefore you are MUST NOT eat 6 hours prior to the procedure. If you are booked in for the next morning this is usually from 12 midnight the night before. If you have an afternoon procedure booked, you cannot eat or drink anything 6 hours prior to the procedure.

Day of OGD:
Should I take my medications?
If you are scheduled to arrive at the hospital for a morning procedure, do not take your morning medications. If you are scheduled for an afternoon procedure, you may take your morning medications. Your Doctor may have specific instructions for you instead of these general guidelines.

How do I get to Endoscopy?
On arrival at the hospital, you will be met at the central reception on the ground floor. The receptionist will take some information regarding your name, address, date of birth, and next of kin. A hospital chart will be prepared for you. The secretary will bring you to the Day Care Unit. The Day Care Unit is on the first floor. All patients for Endoscopy will be admitted to the Day Care Unit.

What happens before the Gastroscopy?
You will be met by a nurse, who will escort you into a cubicle. Bring with you a list detailing any medications you are taking. Inform the staff of any medication or contact (e.g. Latex) allergies you may have. You will be asked information regarding your health history and medical conditions.

Your Doctor will see you before the procedure to answer any questions you may have and to explain the procedure fully. You will be asked to sign a consent form. This is to ensure that you understand the procedure and its risks.

If sedated, you must have a responsible adult to bring you home. You will be asked to provide a contact number for this person. You are advised not to bring anything valuable or any large sum of money into hospital with you.

You will be given a hospital gown to wear for the procedure and must remove any jewellery or metal objects. Nail polish and make up must also be removed prior to the procedure. You must leave all valuables at home.

What happens during the Gastroscopy?
In the endoscopy suite you will be positioned on the bed lying on your left side with your knees bent towards your chest. You will have a nurse present with you throughout the procedure.

A local anaesthetic spray will be applied to the back of your throat to ease discomfort while the gastroscope is inserted.

If you are having sedation, the Doctor will insert an intravenous (IV) cannula into your arm and then administer a sedative injection which will make you sleepy and relaxed.