



OESOPHAGO-GASTRO DUODENOSCOPY (OGD) – GASTROSCOPY

ESSENTIAL INFORMATION FOR PATIENTS



Beacon Hospital
ENDOSCOPY

ESOPHAGO-GASTRO DUODENOSCOPY (OGD) – GASTROSCOPY

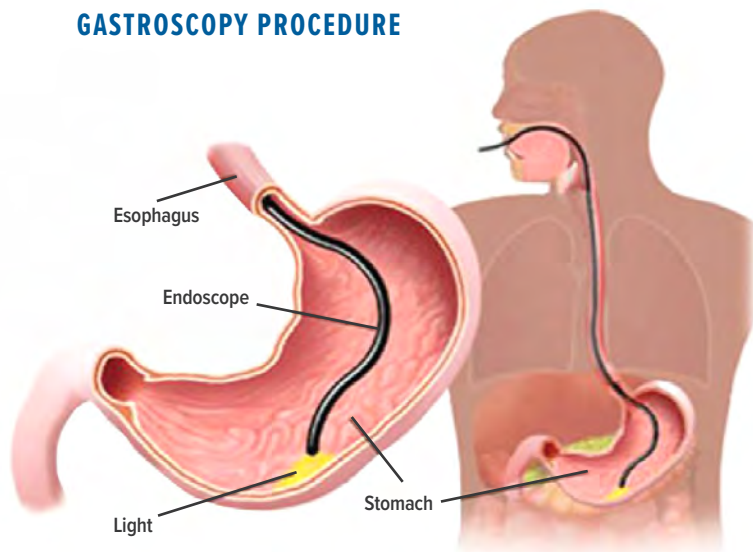
ESSENTIAL INFORMATION FOR PATIENTS

What Is A Oesophago-Gastro Duodenoscopy (OGD) – Gastroscopy?

A gastroscopy is a procedure that allows the doctor to look at the lining of the oesophagus (tube that food passes down), stomach and duodenum (first part bend of the small intestine). A narrow flexible tube called a gastroscope is passed through the mouth into the stomach, it has a light at one end to allow the doctor to see. The tube is thinner than a little finger and does not interfere with your breathing at all.

The procedure itself lasts for 5 to 10 minutes and is not painful, it may be uncomfortable but you will be offered either local anaesthetic or sedation before your procedure. Your doctor will discuss this with you.

GASTROSCOPY PROCEDURE



Getting Ready For The Procedure

You will need to fast for 6 hours prior to having the procedure to ensure your stomach is empty. You can drink water up to 2 hours before the procedure time.

Medication

Regular medication with the exception of those listed below can be taken on the morning of the procedure.

Please take your regular medication at least 3 hours before your appointment time with water only.

- If you are diabetic you will require specific instructions from the endoscopy nurses, if you have not received this please call the endoscopy Unit on 01 650 4617.
- If you use a GTN spray for angina – please bring this with you.
- If you are asthmatic – please bring your inhalers with you.
- Please bring a list detailing your regular medications. If you are in doubt, please contact your GP or local pharmacy to provide the list.

Sedation

To ensure you are comfortable and will be able to tolerate the procedure, sedation is offered.

There are two options available to you:

1. Intravenous Sedation also known as Conscious Sedation

- You will be given an intravenous injection into a vein to make you feel relaxed and sleepy but not unconscious (**this is not a general anaesthetic**).
- You will need to stay in the unit whilst you recover which may take up to two hours or more.
 - Sedation has an amnesia effect therefore you may not remember the procedure after.
 - The injection may continue to have a mild sedative effect for up to 24 hours. Which can cause drowsiness and unsteady gait.
 - You must arrange someone to escort you home and stay with you for 12 hours after the procedure.
 - You must not drive or operate heavy machinery for 24 hours.
 - **If you do not have an escort home then your procedure will be cancelled.**

2. No sedation and local anaesthetic throat spray

If you choose to have this option you will be given a spray to the back of your throat.

- This will numb and suppress your gag reflex to reduce any discomfort.
- The numbness will last for about half an hour after the procedure. You can eat and drink once the numbness has worn off.
- You can drive after a local anaesthetic and you will not need an escort home.
- You will be fully aware of the procedure which most patients find acceptable.

On Arrival

- On arrival at the hospital, go to the Endoscopy reception area on the second floor.
- The receptionist will take some information regarding your personal contact details.
- You will be admitted to the unit by a nurse who will ask information regarding your health history.
- You will be given a hospital gown.
- A small tube called a cannula will be put into a vein.
- Once the admission assessment is completed by the nurse, you will be brought to a seated waiting area, where the nurse from the procedure room will collect you.
- Please bring a dressing gown and slippers with you. Please do not bring any valuables, including jewellery or money into hospital with you.

Consent

Before a Doctor completes your procedure, they will need to gain your consent. The Doctor will discuss the procedure and the risks involved. Any questions or concerns should be raised at this time. You will then be asked to sign the consent form. If you later change your mind, you are entitled to withdraw consent even after signing the document.

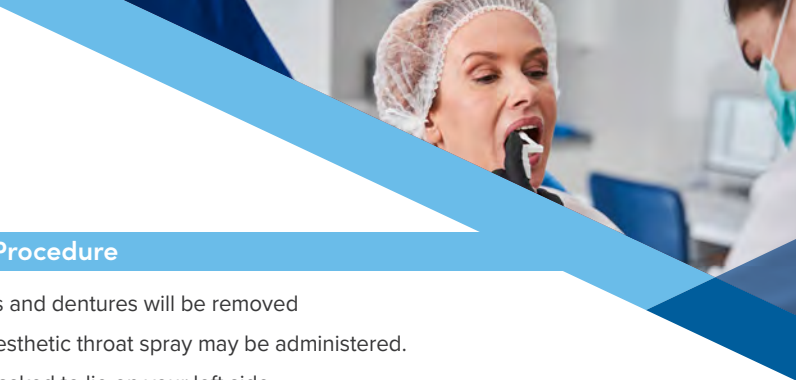
- Please read this patient information leaflet, prior to signing your consent form.
- Please read the consent form in full, prior to your procedure.

During The Procedure

- Any glasses and dentures will be removed
- A local anaesthetic throat spray may be administered.
- You will be asked to lie on your left side.
- A mouth guard will be placed between your teeth to keep your mouth open slightly. This will protect your teeth and stop you from biting the endoscope.
- You will be given oxygen through your nose.
- Monitoring equipment will be placed on your finger and on your arm to monitor your vital signs.
- Sedation will be administered through your cannula at this point.
- The doctor will pass the gastroscope gently in through your mouth.
- The doctor may put some air in to your stomach to give a clearer view of the lining. It is not painful but may make you burp.
- Sometimes routine small samples are taken (biopsies), these are about the size of a pin head and are not painful.
- You can breathe normally throughout the whole procedure.

After The Procedure

- You will be brought to the Endoscopy recovery area, on your bed.
- Your vital signs will be monitored by the nursing staff.
- You will be recovered here for approx. 30 mins.
- Once you are alert and the sedation has worn off, you will be assisted to dress.
- You will be escorted by a nurse to a chair in the Endoscopy discharge lounge. Here you will be given light diet and fluids.
- You may have a mild sore throat, for a day or so after your procedure, but this will pass.
- You may feel a little bloated from some air left in the stomach – again this will pass.
- 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. This appointment will be made by the consultant's secretary.



- A nurse will speak to you about the outcome of the procedure and explain the report.
- You will be given instructions before discharge and a number to contact the unit and an out of hours contact number.
- Your escort should collect you from the Endoscopy Discharge area also located on the 2nd floor.
- Your cannula will be removed from your hand or arm once you have had something to eat, and are not experiencing any side effects from the procedure or medications.
- Any biopsies or polyps removed are sent to the laboratory for analysis to assist the doctor in diagnosis.
- We will send a copy of the Endoscopy report to your GP and any lab results should follow within 3-4 weeks.
- Any advice or recommended further tests will be given upon discharge.

Potential Risks

- **Drug Reaction:**
The sedation used for the procedure is safe with only a very slight risk of reaction. Your Heart rate and blood pressure will be monitored at all times, by a nurse and the Consultant throughout your procedure.
- **Bleeding:**
If a polyp is found during the procedure, this may be removed, which can result in some bleeding. This bleeding can often be stopped straight away but may occasionally be more serious or may even occur a few days later. Depending on the size, the risk of bleeding is 1 in 200 polyps removed. Many polyps are the type which can turn into cancer if left untreated for a long period of time and removing them when still benign eliminates the risk.
- **Perforation:**
If you do not have polyps removed there is a less than 1 in 2000 chance of causing a perforation, which is a little tear in the lining of the stomach or bowel wall. If polyps are removed, this may occur in 1 in 500 cases. This may extend your hospital stay for a short time and you will need to be given antibiotics, or it may require further intervention.

- **Dental Work**

There is a slight risk of damage to loose teeth, dental bridgework or crowns. Please tell the nurse and consultant if you have had any dental work before your procedure.

- **Missed Pathology:**

It is important to remember that no test is perfect and even with complete examination, a significant disease may be missed in up to 20% of cases.

Frequently Asked Questions

▶ **The symptoms have stopped before my gastroscopy / OGD, should I still come for the test?**

Yes. It is important that you still come for the test.

▶ **Does the procedure hurt?**

You may feel some discomfort from the air that is pumped into the bowel but these exams are not painful.

▶ **Can I drive after the procedure?**

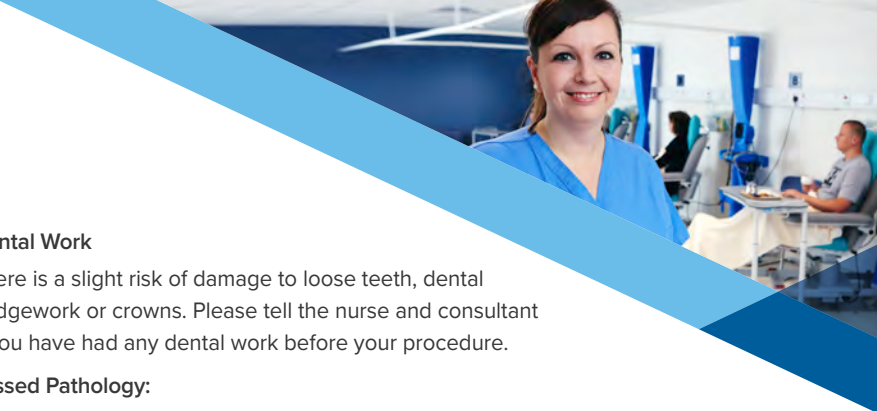
No, you may not drive for 24 hours post sedation. You must have organised an escort home for the day of the procedure. You will not be permitted to leave the department unaccompanied.

▶ **How long will my length of stay be in the hospital?**

From registration to discharge we aim for your length of stay to be 4 hours or less.

▶ **Can I cancel/reschedule my procedure?**

Our Endoscopy Department clinics are extremely busy and fully booked. If you need to cancel or reschedule your appointment we ask you do so at least four days in advance by contacting our scheduling team on 01 293 8656. This way, we may be able to offer your slot to another patient waiting on an appointment.





Beacon Hospital
Sandyford
Dublin 18
D18 AK68

Tel: 01 293 6600

www.beaconhospital.ie

Version 2.11.2024