



Oesophago-Gastro Duodenoscopy (OGD) / Gastroscopy

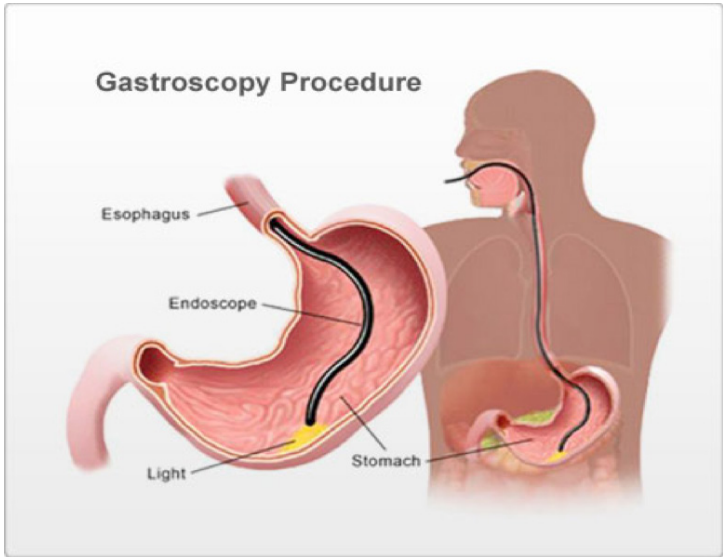
Essential information for patients



Beacon Hospital
Endoscopy

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.



Risks of Oesophago-Gastro Duodenoscopy (OGD)/ Gastroscopy

The majority of Gastroscopies are safe and uncomplicated.

However, as with any procedure there is a small chance of side effects or complications:

- National studies have shown that serious complications such as drug reaction, bleeding and perforation (a tear of the gut) are very rare.
- 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.
- You may experience a sore throat or feel some wind in your stomach after the 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 5% of cases.

There are two options available to you:

1. Local anaesthetic throat spray:

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

- This will numb the area and reduce any uncomfortable sensation during the procedure.
- It also suppresses your gag reflex to stop you retching when the camera touches the back of the throat.
- The numbness will last for about half an hour after the procedure. You can eat and drink again once the numbness has worn off (approx. 30 minutes).
- You can drive after a local anaesthetic and will NOT need an escort home.

2. Intravenous Conscious Sedation:

Risks of Sedation

If you choose to have conscious sedation you will have a small tube called a cannula put into a vein, usually in your hand or lower arm.

- Conscious sedation will be administered through this cannula.
- It will make you sleepy and relaxed.
- It may make you fall asleep during the procedure, but it is completely normal to be awake. It has an amnesia effect, therefore making you forget.

If you chose to have sedation, you must arrange someone to escort you home and stay with you for 12 hours after the procedure.

He/she should come with you for the appointment or be contactable by phone when you are ready to leave. The nurse will need this person's contact details during admission process.

If you have sedation, you will be staying in the hospital a minimum of 3 hours.

If you do not have an escort or have not arranged for someone to collect you, then your procedure will be **cancelled.**

About the Consent Form

Before a doctor or health care professional examines or treats you, they will need to gain your consent. This will be required in writing. If you later change your mind, you are entitled to withdraw consent even after signing the document.

- Please read the Gastroscopy patient information leaflet, prior to signing your consent form.
- Please read the consent form in full, prior to your procedure.
- You will meet the doctor on the day of your procedure, to ask any questions or concerns you may have.

Before the procedure

You must not eat any food, for at least 6 hours before the procedure so that your stomach is empty. This allows the doctor to see the inside of your stomach clearly and is important for a complete examination. You can drink water up to 2 hours before your procedure time.

Medicines

You should continue to take your regular medications as normal on the day of your procedure. Please take your regular medication at least 3 hours before your appointment time just with water.

- If you are diabetic and you did not receive information from hospital, please contact 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

Interpretation services – If you require an interpretation service please ask an English-speaking person to call us as soon as possible so that an interpreter can be arranged for you.

Special Requirements – If you use a wheelchair or have any physical and/or other disabilities, please contact the unit to arrange any support that you may need to make your endoscopy journey as easy as possible for you.

On the day of your Gastroscopy

Fasting

You must not eat any food, for at least 6 hours before the procedure so that your stomach is empty. You can drink water up to 2 hours before your procedure time.

On arrival

- On arrival at the hospital, you will be met in Endoscopy reception area on the 2nd Floor. The receptionist will take some information regarding your name, address, date of birth, GP and next of kin details.
- You will be admitted to the unit by a nurse who will ask information regarding your health history and medical conditions.
- A small tube called a cannula will be put into a vein.
- You will be given a hospital gown to wear for the procedure and must remove any jewellery or metal objects.

Please bring dressing gown and slippers with you. You are advised not to bring any valuables or any large sums of the money into hospital with you.

During your Gastroscopy

- Any glasses and dentures will be removed
- A local anaesthetic throat spray will 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.
- This mouth guard is held in place by an elastic band around the back of your head.
- A nurse will stay with you during the procedure.
- You will be given oxygen through your nose.
- Monitoring equipment will be placed on your finger and on your arm.
- Sedation will be administered through your cannula in your hand at this point.
- The doctor will pass the gastroscope gently in through your mouth.
- You may gag briefly, this is a normal reaction. The nurse will suction any saliva in the 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. The gastroscope is removed quickly and easily.
- Sometimes 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.
- The procedure usually takes about 10 minutes.

After your Gastroscopy

- You will be brought to the Endoscopy recovery area, on your bed.
- Your heart rate and blood pressure will be monitored by a registered nurse.
- Once awake and alert you will get dressed and be moved to Endoscopy discharge lounge and given some food and drink (As long as your swallowing is back to normal). You will be offered white or brown toast and a hot or cold drink.
- 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.
- You will need to urinate before discharge.
- 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 consultants secretary.
- You will be given instructions before discharge.

You must not drive, drink alcohol, operate machinery or sign important documents for the next 24 hours.

Please note that following a sedated procedure, you **WILL NOT** be permitted to leave the unit unaccompanied.

Results

- After your procedure, when the sedation has worn off, a doctor/nurse will speak to you about the outcome of the procedure.
- 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 2-3 weeks.
- Any advice or recommended further tests will be given upon discharge.

Frequently Asked Questions

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

Yes. It is important that you still come for the test. Your doctor has organised this test to ensure this test to ensure you have no problems in your oesophagus (gullet), stomach, and duodenum. Although the symptoms may have subsided, it is important to have a look to ensure all is clear.

Will it hurt?

No, these exams are not painful. You may feel some discomfort from the air that is pumped into the stomach so that the Endoscopist can view the lining adequately. Some patients find the air used to inflate the stomach slightly uncomfortable. A mild sedative is available to you should you wish to have one.

Can I drive after the procedure if I choose to have sedation?

No, you may not drive for 24 hours post sedation.

The sedation remains in your system for 24 hours. Therefore, it can cause you to feel drowsy at any time within this period. You are not covered by your insurance in the unfortunate event that you are involved in an accident while driving under the influence. Please do not plan to take public transport home.

Can I return to work after the procedure?

This is dependent on the time of your appointment. Morning appointments may be okay to return to work the following morning.

If you have an afternoon appointment, it is dependent on how you feel and how much sedation was given on the day of your procedure, patients are NOT to drive the following morning as well.

What should I know before deciding?

The endoscopist or health professional will ensure you know enough information about the gastroscopy to enable you to decide your treatment. We encourage you to ask questions and inform us of any concerns that you may have. It may be helpful for you to write these down as a reminder.

What are the key things to remember?

It's your decision! It's up to you to choose whether or not to consent to what is being proposed. Ask as many questions as you like and please express any concerns you may have about medication, allergies or past medical history

Do I have everything ready for my procedure?

- List of Medication and Medical history.
- Slippers and dressing gown.
- Details of health insurance if applicable.
- I am fasting from food for 6 hours before procedure.
- I am fasting from drinks for 2 hours before procedure.
- I have arranged an escort to take me home if I choose to have sedation.

Location and Parking Information

Beacon Hospital is located in Sandyford, Dublin 18 and can be accessed by Luas, Dublin Bus and car.

LUAS

The Luas (green line) goes directly from St. Stephen's Green to Sandyford. Beacon Hospital, Dublin is located in Sandyford, 10 minutes walk from the Kilmacud Luas station. On exiting the Luas at the Kilmacud station, take the lift/stairs and follow the pathway to the entrance of the station. Turn left here and you will see Beacon Hospital located at the top of the road at the crossroads (this is right beside the Beacon Hotel).

DUBLIN BUS

Beacon Hospital is serviced by the following bus routes:

- No. 11 bus from Wadelai Park (via O'Connell Street). Alight at stop no. 4847 Blackthorn Drive, Luas Car Park.
- No. 75 bus from Tallaght/Dun Laoghaire. Alight at stop no. 449 Blackthorn Road, Corrig Road.

CAR PARKING

An underground public car park is available by turning right on entering the Beacon Court car park.

You may pay your ticket fee on exiting the hospital lobby.





DRIVING

A If coming from the Leopardstown Racecourse direction

1. Take the Sandyford Industrial Estate exit.
2. Pass 'Woodies' on the left and keep going straight on.
3. At the T-junction at the end of this road, turn left (signposted 'Local Traffic').
4. The Hospital is at the end of this road on your left on the corner. You will see the entrance to the car park

B If coming from M50, travelling southbound

1. Take the Sandyford Industrial Estate exit.
2. Pass 'Woodies' on the left and keep going straight on.
3. At the T-junction at the end of this road, turn left (signposted 'Local Traffic').
4. The Hospital is at the end of this road on your left on the corner. You will see the entrance to the car park here.

C If coming from M50, travelling northbound

1. Take the Sandyford Industrial Estate exit.
2. Pass 'Woodies' on the left and keep going straight on.
3. At the T-junction at the end of this road, turn left (signposted 'Local Traffic').
4. The Hospital is at the end of this road on your left on the corner. You will see the entrance to the car park here.

D If coming from Dundrum Village via Upper Kilmacud Road

1. Follow the Upper Kilmacud Road to the T junction after the 'Holywell' estate (estate is on your right).
2. Take a right at this T-junction.
3. Keep straight until you see Beacon Hotel on your left.
4. Take a left, and then first right. The entrance to the car park will now be on your right.

Notes / Things to remember

Beacon Hospital Sandyford, Dublin 18

Tel +353 1 293 6600

Endoscopy Unit Opening Hours:

Monday - Friday 7:00 - 19:30 hours

Enquiry Lines open Monday to Friday:

Telephone - **01 650 4617** for Clinical Enquires, between **7:30 - 19:30 hours**.

Telephone - **01 293 8656** for Scheduling Enquires, between **8:00 - 16:00 hours**.



This is Modern Medicine



Beacon Hospital

beaconhospital.ie