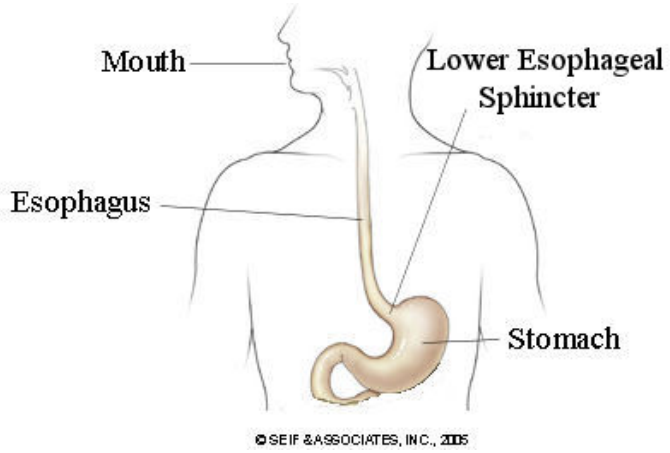
Gastroscopy
(Upper Gastrointestinal Endoscopy)

Gastroscopy is a procedure which allows your caregiver to look at your upper gastrointestinal tract directly and give more immediate diagnoses for a number of different problems.

CAUSES

Some of the problems which can be evaluated or treated are as follows:

- Esophageal problems (the tube that carries food to the stomach).
- Gastric and peptic ulcers (gastric in stomach; peptic just past the stomach).
- Swallowing difficulties.
- Suspicion of cancer.
- To take tissue samples (biopsies).
- To control bleeding.



LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING:

- Allergies.
- Medications taken including herbs, eye drops, over the counter medications, and creams.
- Use of steroids (by mouth or creams).
- Previous problems with anesthetics or novocaine.
- Possibility of pregnancy, if this applies.
- History of blood clots (*thrombophlebitis*).
- History of bleeding or blood problems.
- Previous surgery.
- Other health problems.

BEFORE THE PROCEDURE:

- Fast for several hours prior to the procedure or as your caregiver has instructed you.
- You should be present one hour prior to your procedure or as directed by your caregiver. Check in at the admissions desk for filling out necessary forms if not preregistered. There will be consent forms to sign prior to the procedure. Make sure you understand what is to be done and why. Ask if you have questions. There is a waiting area for your family while you are having your gastroscopy.

FOR COMFORT DURING THE PROCEDURE:

- Relax and follow instructions as much as possible.
- Let your caregiver know if you are uncomfortable, anxious or in pain.

Before inserting the gastroscope in your mouth, steps will be taken to make you comfortable:

- Your throat may be sprayed with a numbing agent (*anesthetic*) to dull your gag reflex.
- You may be given an intravenous medication to calm and sedate you prior to or during the procedure.
- Sometimes you may feel a mild discomfort when the tube is inserted. You do not need to worry. The tube is not going down your airway. You will be able to breathe just fine.

PROCEDURE

This test produces relatively little discomfort. During this procedure a long tube called a *gastroscope* is inserted through your mouth and down through your upper gastrointestinal tract. The procedural steps and instructions may vary slightly but are essentially as follows:

- Before inserting the gastroscope in your mouth, steps will be taken to make you comfortable. See above.
- The tip of the gastroscope has a camera on the end, and the image is viewed by your caregiver on a video

monitor. The gastroscope allows an examination of the food tube between your mouth and stomach (esophagus), your stomach, and the small bowel (intestine) leading out of the stomach. Your caregiver may take pictures of areas of interest or abnormality. Following the examination, the gastroscope is removed.

AFTER YOUR TEST

- After your procedure, *if given a medication for sedation*, you may be taken to the recovery area. There a nurse will watch and check your progress. Once you're awake, stable, and taking fluids well, barring other problems you will be allowed to go home.

Document Released: 04/07/2004 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.