

Having a Gastroscopy and Oesophageal Dilation



Endoscopy Department

This leaflet provides information about your Gastroscopy and Oesophageal Dilation. It aims to answer any questions you may have about the procedure and explain what will happen on the day of the procedure.



Introduction

Your Doctor has advised that you should have a test called a Gastroscopy and Oesophageal Dilation.

This procedure may be undertaken at The Royal Shrewsbury Hospital or at The Princess Royal Hospital. Your appointment may be at either site.

Please note that the Endoscopy Unit often has to deal with emergency cases which may cause delays to your appointment time.

This leaflet tells you why you need the investigation and what to expect on the day and immediately afterwards. If you have any remaining concerns or queries when you have read this leaflet, please telephone:

Endoscopy department, The Royal Shrewsbury Hospital: 01743 261 000 ext. 1064

Monday – Friday 08:30 am – 16:30 pm Saturday 08:30 am – 12:30 pm

Please do not bring valuables to the hospital. We cannot accept any responsibility for the loss or damage to personal property during your time on these premises.

What is a Gastroscopy ?

A Gastroscopy is a test that allows the Doctor or Nurse to look into your gullet (oesophagus), stomach and the first part of the small bowel (duodenum).

The endoscope is a long flexible tube (thinner than a finger) with a bright light at the end. It is passed through your mouth, down your oesophagus, into your stomach and duodenum. The doctor or nurse can see the narrowed areas which need stretching (dilation).

During the test the Doctor or Nurse may need to obtain tiny pieces of tissue (biopsies) to help find the cause of your symptoms and/or assess the lining further.

All biopsies taken will be sent to the laboratories for analysis. Your Endoscopist will advise you on how you will be informed of these results.

Why do I need oesophageal dilation?

You may have already had a Gastroscopy or barium swallow test which has shown that your gullet has become narrowed. This stops food from easily passing through the gullet and into the stomach, causing difficulty swallowing. The aim of this procedure is to gently stretch the narrowed area in the gullet to help food pass through into your stomach.

What are the risks of having a Gastroscopy?

The majority of Gastroscopies are safe and uncomplicated. However, as with any procedure there is a small chance of complications or side effects. You may suffer from:

- A sore throat
- Feel some wind in your stomach. This will settle in a few days

National studies have shown that serious complications are very rare. Such as:

- Drug reaction
- Bleeding
- Perforation
- Missed lesions (unable to see an abnormality)

If a complication occurs it may be necessary to stay in hospital and possibly have an urgent operation.

Patients taking blood thinning medication (antiplatelet and anticoagulants)

If there is a low risk of a person having a problem caused by a blood clot such as a stroke or a transient ischaemic attack (TIA) as a result of stopping blood thinning medication, then it is recommended that you stop your blood thinning medication before the test. This is because the risk of a serious bleed after removal of a polyp or other treatment during the camera test is believed to be higher than the risk of a stroke or TIA.

If there is a high risk of a person having a problem caused by a blood clot such as a stroke or a transient ischaemic attack (TIA) as a result of stopping blood thinning medication, then it is recommended that anticoagulation is continued for the test, using a short-acting medication such as Tinzaparin injections.

The clinician referring you for a camera test will determine if you are at a low or high risk. If you have any questions regarding this, please contact the Endoscopy Department or first point contact details you have been given.

What if I do not have a Gastroscopy and Oesophageal Dilation?

There are alternatives including surgery or leaving things as they are and doing nothing. Your doctor will discuss your options with you.

What should I expect?

When you arrive at the Endoscopy Unit please report to reception and you will then be asked to take a seat in the waiting area.

A Nurse will invite you into an office to ask you questions about your health, explain about the Gastroscopy and find out what arrangements you have made for going home. You will have the chance to ask any questions that you may have.

Consent

The nurse will explain the procedure to you and discuss any potential risks related to the procedure. You will have the opportunity to ask any further questions. You will be asked to sign

the consent form confirming you understand and agree to go ahead with the procedure. You can change your mind about having the procedure at any time.

Please bear in mind that there may be a delay before you are taken through for your procedure.

In the examination room

Before the procedure is done you will be asked to remove your glasses (contact lenses can stay in) and to remove any false teeth (a denture pot is provided). Outer clothing i.e. coats and jumpers will need to be taken off. A Gastroscopy is sometimes a little uncomfortable but is usually performed without any sedation. However, as you are having a dilation it is advisable that you have sedation for this procedure. The next section describes the options available for pain relief (local anaesthetic) and/ or sedation if required.

Local anaesthetic spray

This is sprayed to the back of your mouth and you are asked to swallow. After a few seconds it will start to make your throat feel numb.

Having the spray makes it more comfortable when the endoscope is passed down through your throat. After the Gastroscopy you will have to wait 1 hour before you can eat or drink. You may be able to go home sooner than this, the nurse will advise you.

Sedation

This is an injection into a vein in your hand or arm to make you feel drowsy and relaxed. Some people do not have any memory of the Gastroscopy being done. After the Gastroscopy you will be kept in the recovery area lying on a trolley until you are fully awake.

Sometimes sedation may not be advisable because of other health problems.

The Gastroscopy

A nurse will stay with you throughout the Gastroscopy. You will be made comfortable lying on your left side on a trolley. A mouth guard will be placed between your teeth (or gums); this keeps your mouth slightly open and prevents you from biting the endoscope. The nurse will hold this in place. You may be given some oxygen to breathe through a small plastic tube in your nostrils. Throughout the Gastroscopy a monitor is placed on your finger to check your pulse and oxygen levels.

The doctor or nurse will pass the endoscope over your tongue to the back of your throat and will ask you to swallow. The endoscope will then pass into your gullet, stomach and duodenum. The Gastroscopy only takes a few minutes.

You may feel the endoscope move inside you and you may feel full of air and bloated. This is because air is blown into your stomach to ensure good views are seen.

During the Gastroscopy the nurse, using a sucker similar to the dentist, will remove any saliva collecting in your mouth. Tissue samples (biopsies) may be taken painlessly during the

Gastroscopy. Once the narrowed area has been identified, using specialized equipment, the gullet will be gently stretched; x-rays may be used during the procedure.

As soon as the endoscope is removed, the mouth guard is taken out of your mouth and the procedure is finished.

After the Gastroscopy and Oesophageal Dilation

If you have had local anaesthetic throat spray, you will have to wait 1 hour before you can eat and drink.

If you have had sedation you will be cared for in the recovery area on the trolley until you are fully awake and it is safe for you to go home. This may be between 1 and 2 hours. You will have some written instructions to take home and you will need to have an adult to accompany you.

If you have had sedation it is very important that you have an adult to accompany you home (by car or taxi) and for an adult to be with you until the next day. Sedation may affect your judgment and reflexes for the rest of the day. You must not drive a vehicle, drink alcohol, operate any machinery or sign any important or legal documents for 24 hours following your procedure. We do not recommend that you attend work for 24 hours if you have had sedation.

When will I receive the results?

The nursing staff looking after you will speak to you prior to discharge. A report of the examination will be given to yourself and a copy sent to your GP. If you have had sedation this can sometimes make you forgetful so please have someone with you at this discussion. An aftercare sheet will be given to you which will contain all the relevant information. Biopsy results will take a number of weeks to be available.

Will Oesophageal Dilation work?

The effects of dilation vary from person to person. You should experience improvement in your swallowing but the procedure may have to be repeated if the narrowing recurs.

Training

The Royal Shrewsbury and Princess Royal Hospitals are Regional Centre's for Endoscopy Training. You may be asked if you would be willing to be examined by a Trainee Consultant or a Trainee Nurse Endoscopist.

All trainees are under the direct supervision of an expert Consultant Trainer until they are fully competent; the Consultant is there to ensure your safety and comfort. With your help it will be possible to train the specialists of the future.

Clinical Photography

Clinical Photography is the visual recording of clinical conditions for use in your patient record. They are used by Health Care Professionals to help monitor your clinical condition and are often used in the treatment planning process along with other tests such as x-rays, scans and blood tests, etc.

With your permission, clinical photographs can also be used for teaching Doctors, Nurses and other medical professionals, as well as research, audit and quality assurance purposes.

Additional information is available from:

If you are worried or have any questions please do not hesitate to contact the Endoscopy unit

Tel: 01743 261064

Useful websites:

For further information on a patient's journey please refer to the link below:

<https://www.sath.nhs.uk/wards-services/az-services/endoscopy/>

- **CORE - Digestive Disorders foundation**

Provides information leaflets on a wide range of digestive disorders. For patient information leaflets, send a stamped addressed envelope stating any information you require to the following address:

Address: CORE, 3 St Andrews Place
LONDON, NW1 4LB
Telephone: 020 7486 0341 (this is not a helpline)
Fax: 020 7224 2012
Email: info@corecharity.org.uk
Website: www.corecharity.org.uk

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.nhs.uk

Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/ self help groups and a directory of UK health websites.

Website: www.patient.info

Self Help & Support Groups

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: www.library.sath.nhs.uk/find/patients/



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Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns. They can also help you get support from other local or national agencies. PALS is a confidential service.

Royal Shrewsbury Hospital
Princess Royal Hospital, Telford

Tel: 01743 261000 Ext 1691
Tel: 01952 641222 Ext 4382

Disclaimer

This leaflet is provided for your information only. It must not be used as a substitute for professional medical care by a qualified doctor or other health care professional. Always check with your doctor if you have any concerns about your condition or treatment. This leaflet aims to direct you to quality websites: these are correct and active at the time of production. The Shrewsbury and Telford Hospital NHS Trust is not responsible or liable, directly or indirectly, for ANY form of damages whatsoever resulting from the use (or misuse) of information contained in this leaflet or found on web pages linked to by this leaflet.

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