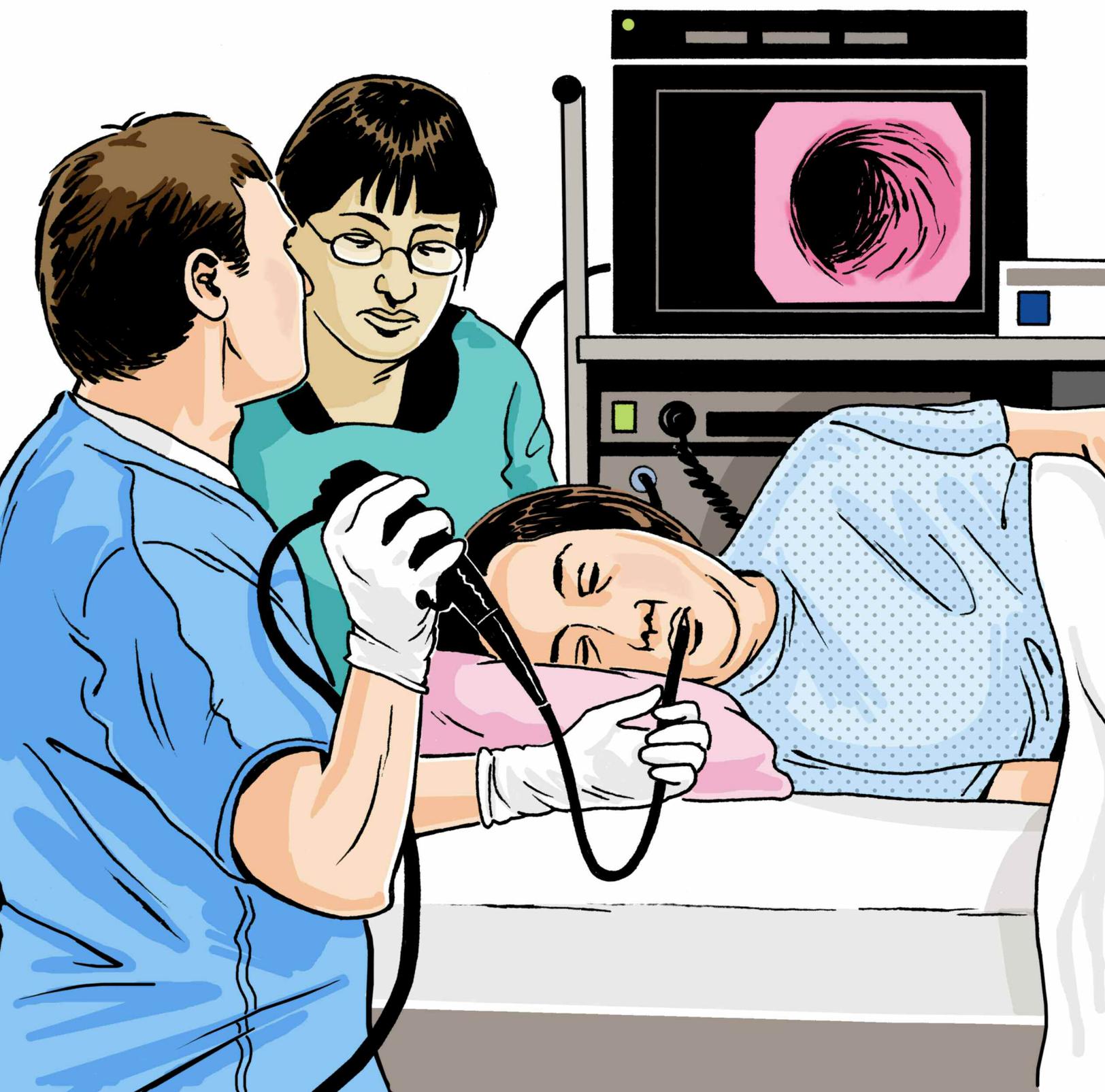


# Having an endoscopy

Diagnosis and Treatment



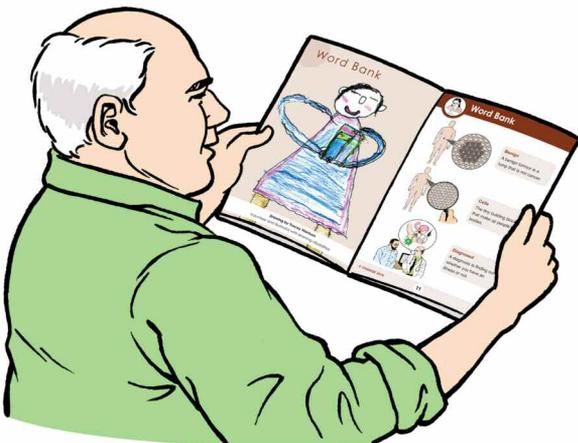
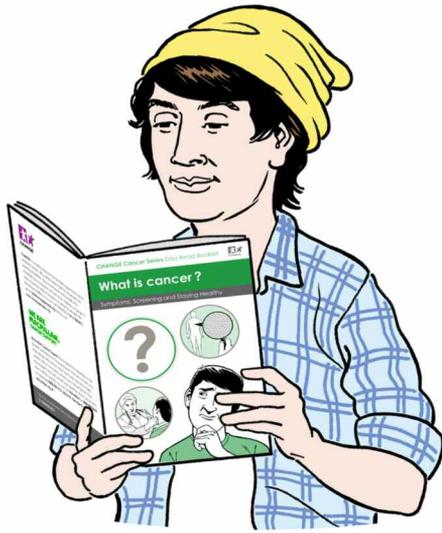
# Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

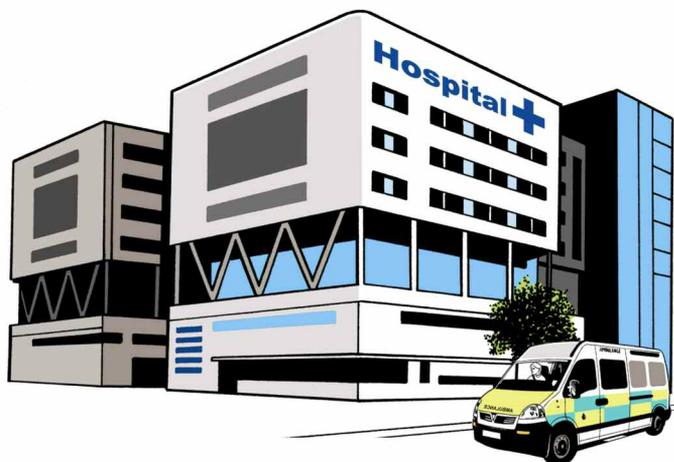
This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.



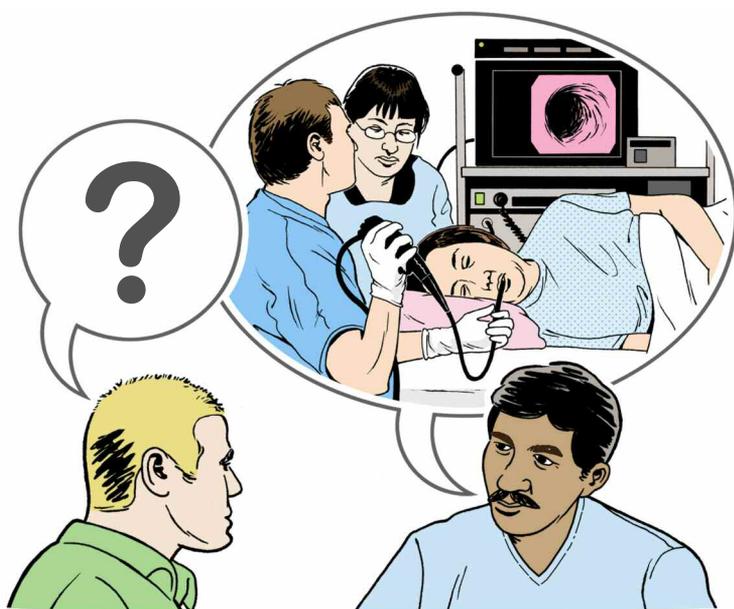


# Having an endoscopy

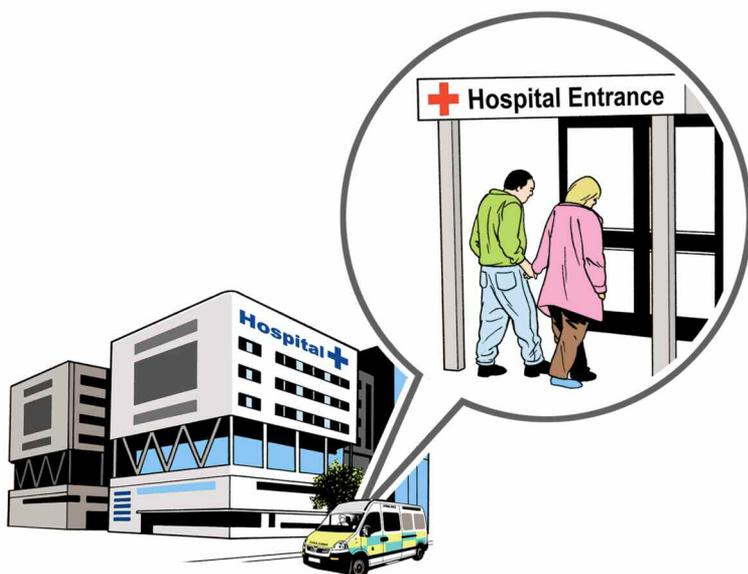
## Having tests at the hospital



Here are some things you might want to do if you need to have tests at the hospital.



- Ask the nurse, doctor or your supporter to explain everything they are going to do before they do it.



- It could be a good idea to visit the hospital with your supporter before you go for the tests. Then you will know what it is like.



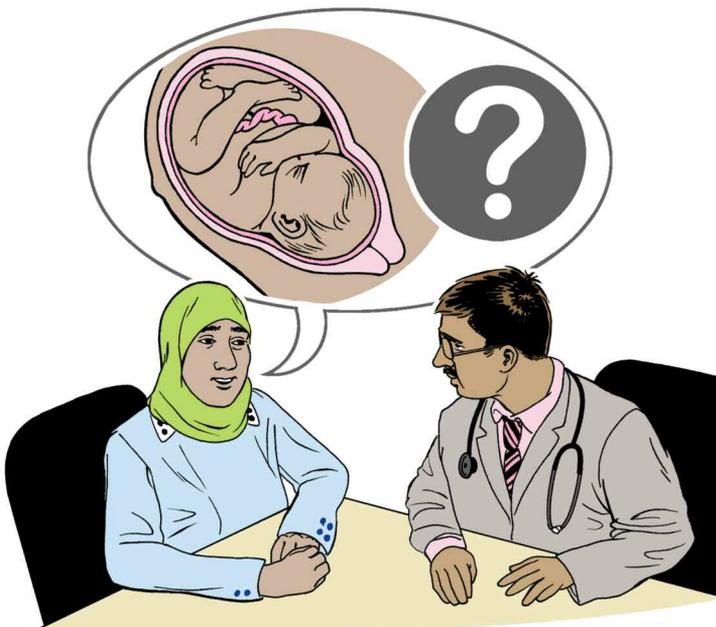
# Having an endoscopy



- Tests can be uncomfortable but should not be painful. Tell the doctor, nurse or your supporter if you have any pain.



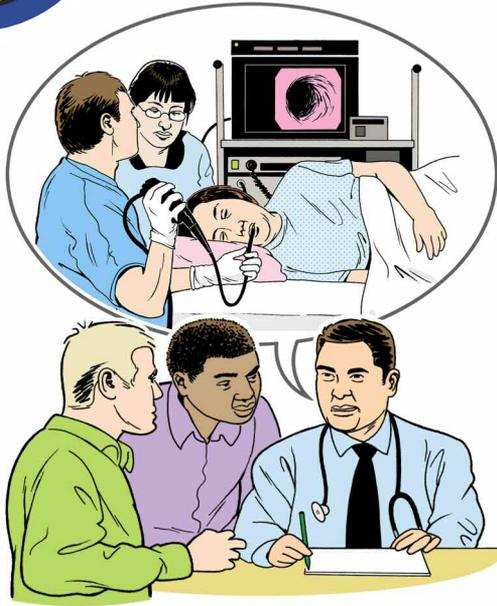
- Some tests can hurt your baby if you are pregnant. So it is very important to tell the nurse, doctor or your supporter if you are pregnant.



Tell them if you think you might be pregnant - even if you're not sure.

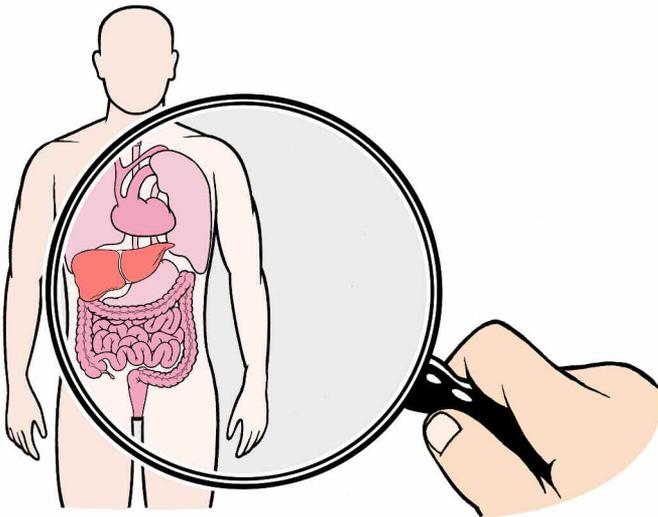


# Having an endoscopy

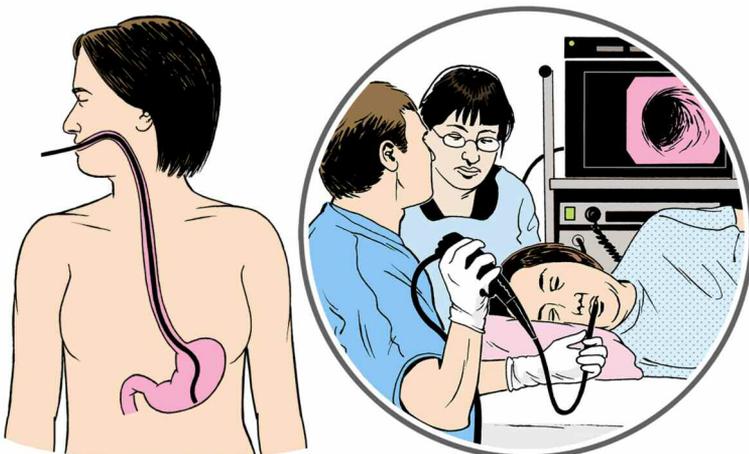


There are different tests that you may have to have. Usually you will need more than one test to find out what's wrong.

## Endoscopy



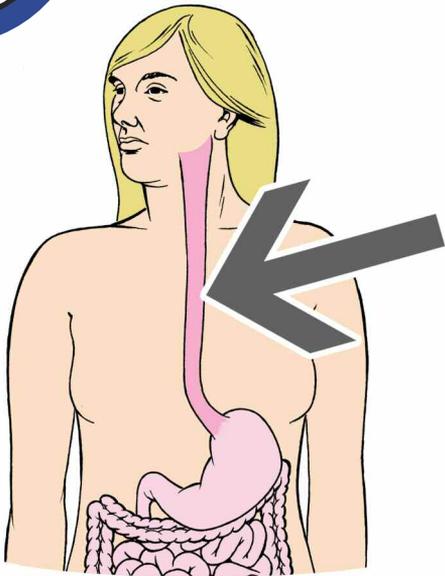
Sometimes doctors need to look inside your body to find out what is wrong.



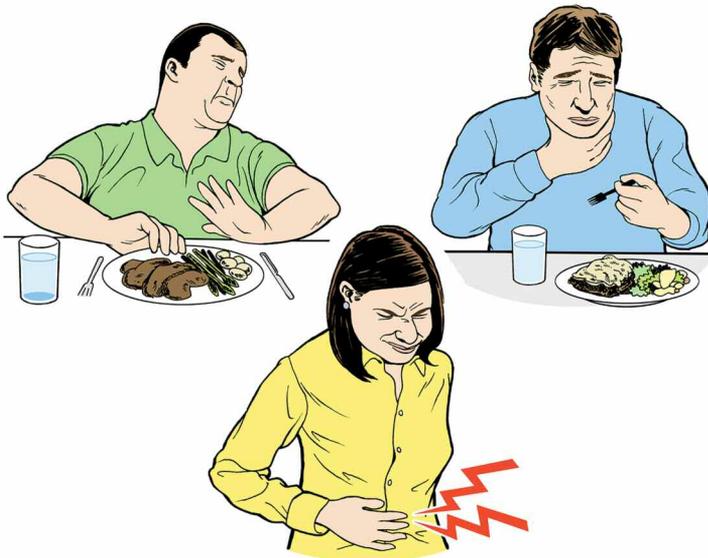
Sometimes they might need to look down your throat to check your **oesophagus** (food pipe) or stomach. This is called having an **endoscopy**.



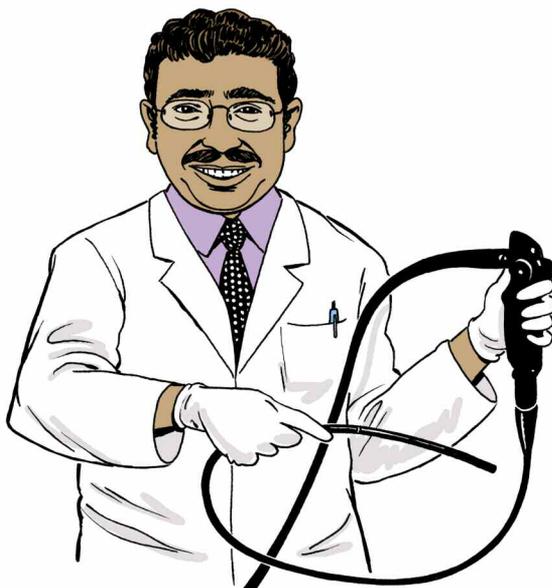
# Having an endoscopy



The oesophagus is the long tube your food goes down to get from your mouth to your stomach.



You might need to have an endoscopy if you have had problems with eating or swallowing, or if you have pain in your stomach that doesn't go away.



The doctor will use a long bendy tube called an endoscope. This has a tiny camera and light on the end of it. This helps the doctor to see if anything is wrong.

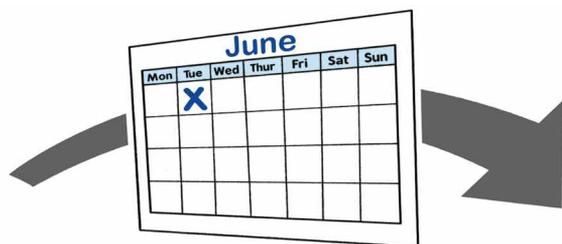


# Having an endoscopy

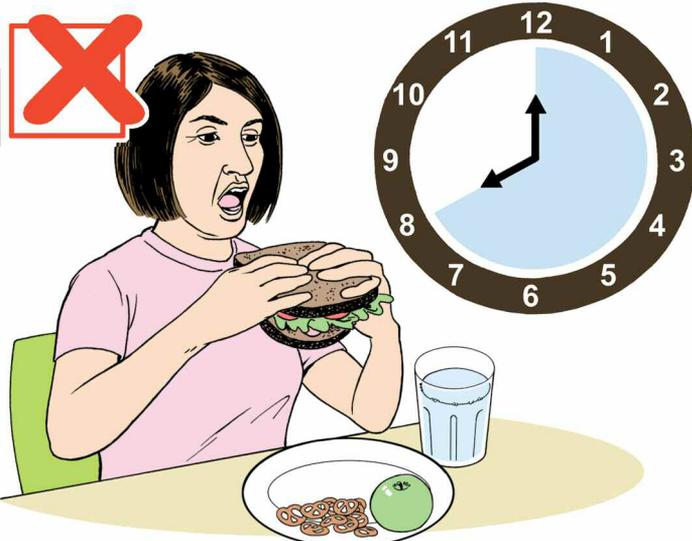
## Endoscopy - what happens:



It is better if you have someone with you to support you while you have the test.



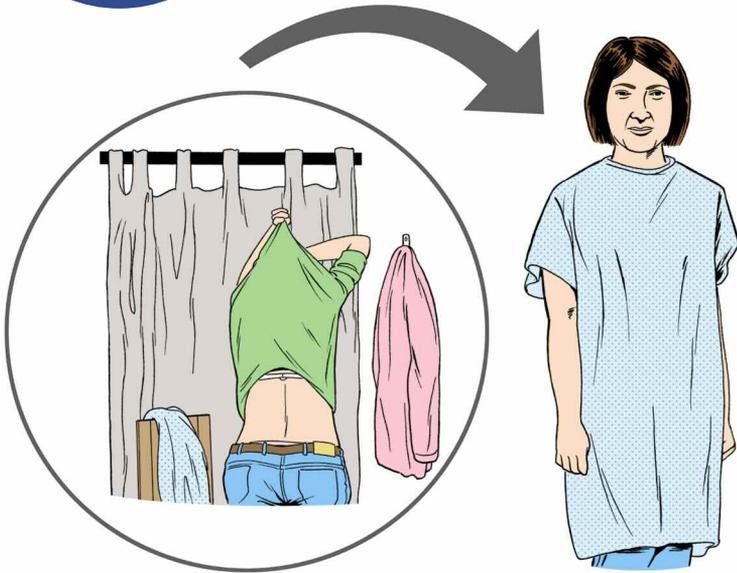
You can have this test as an **outpatient**. This means that you will visit the hospital for the test but you won't have to stay overnight.



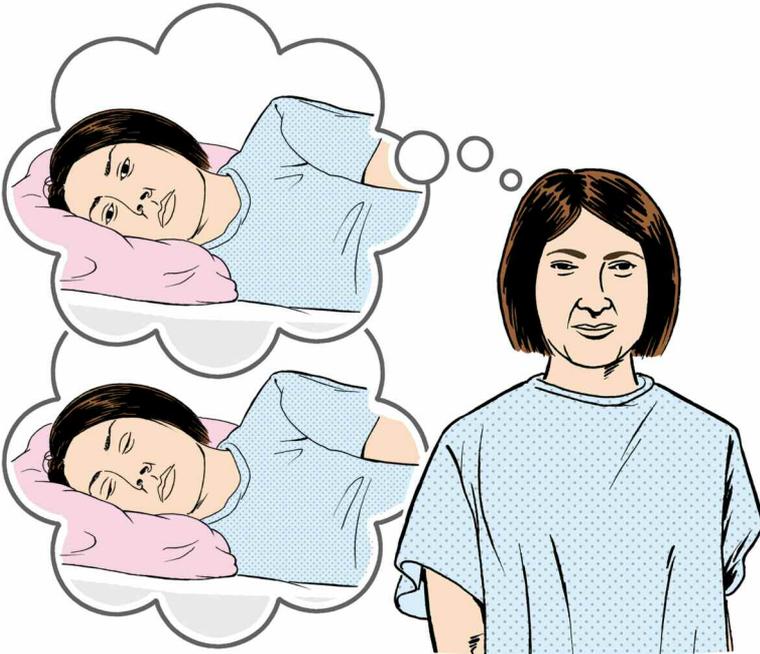
You will be told not to eat or drink anything for at least 8 hours before your test. This is so that your stomach is empty.



# Having an endoscopy



At the hospital, you may be asked to go behind a curtain to take off your clothes and put on a hospital gown. Once you are ready, you will be asked to get onto the bed.



Most people have a choice between having the test while they are awake or after having a medicine to make them sleepy.



If you are awake, the doctor will spray the back of your throat to make it numb.



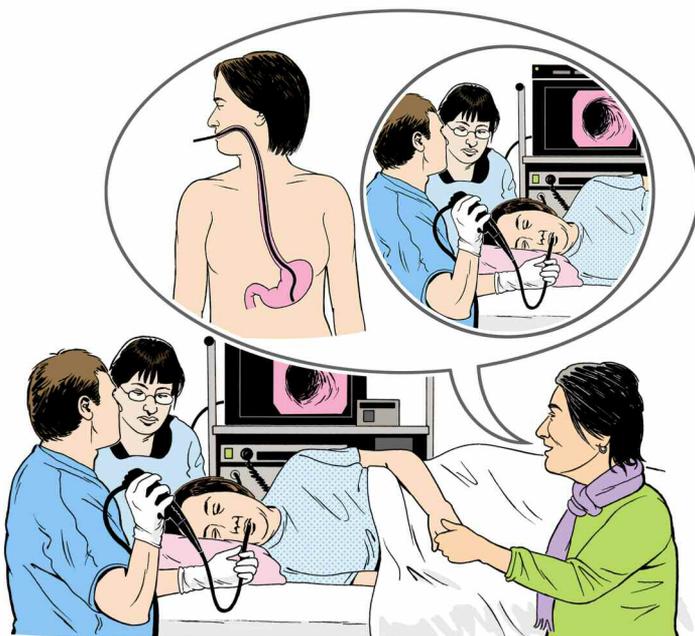
# Having an endoscopy



The doctor will put the tube down your throat to the area they need to look at.



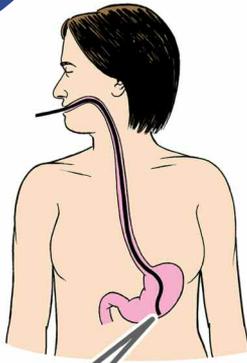
This may be uncomfortable to swallow but should not be painful. Tell the doctor if you have any pain.



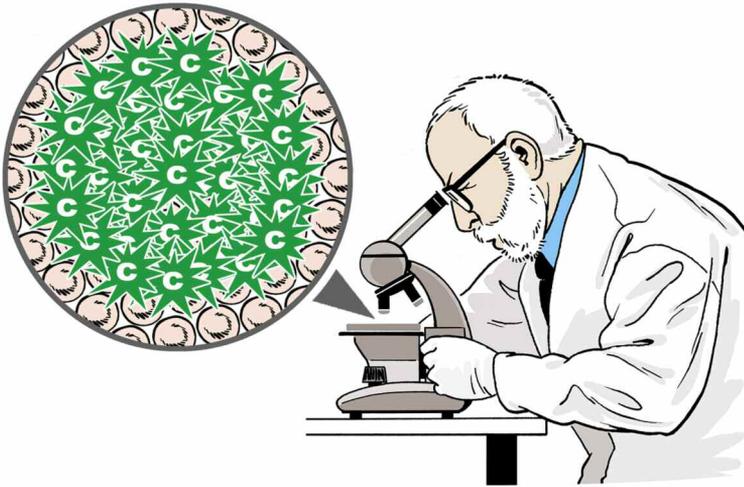
It can help to have someone holding your hand during the test who tells you about everything that is happening.



# Having an endoscopy



Sometimes the doctor will take a sample of **cells** from inside you. After the test these cells will be checked under a **microscope**.



This sample of cells is called a **biopsy**. It will help the doctor decide if anything is wrong.



When the test is over you will need to rest for a while. You may feel sleepy for some time afterwards.



# Having an endoscopy



You will need to have someone with you who can stay with you after the test and go home with you to look after you.



# Word Bank

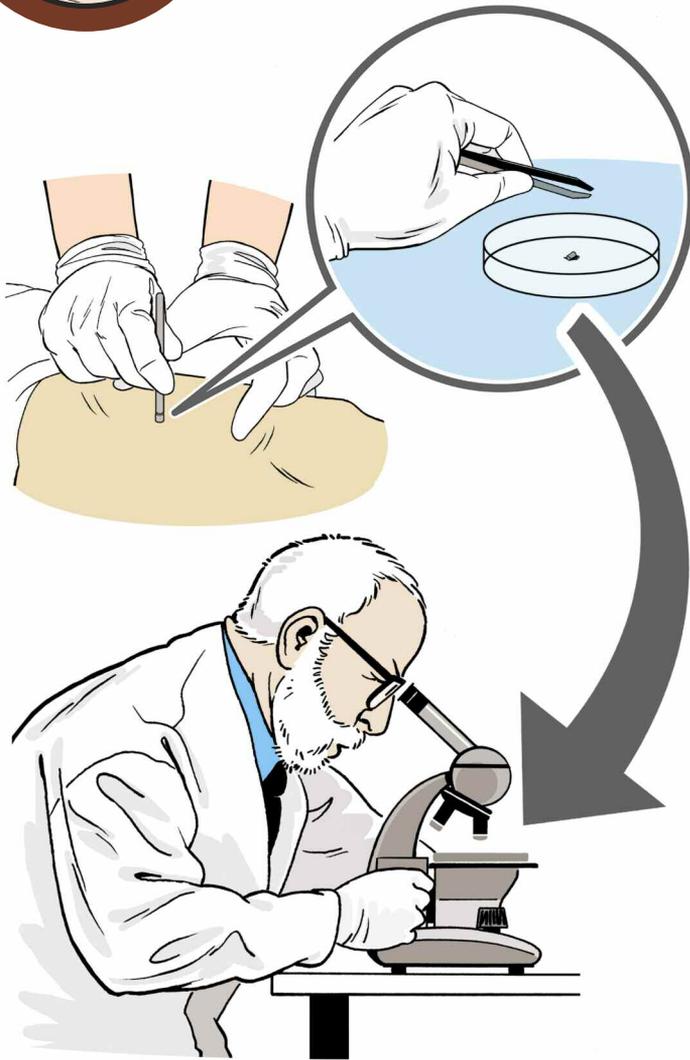


**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities

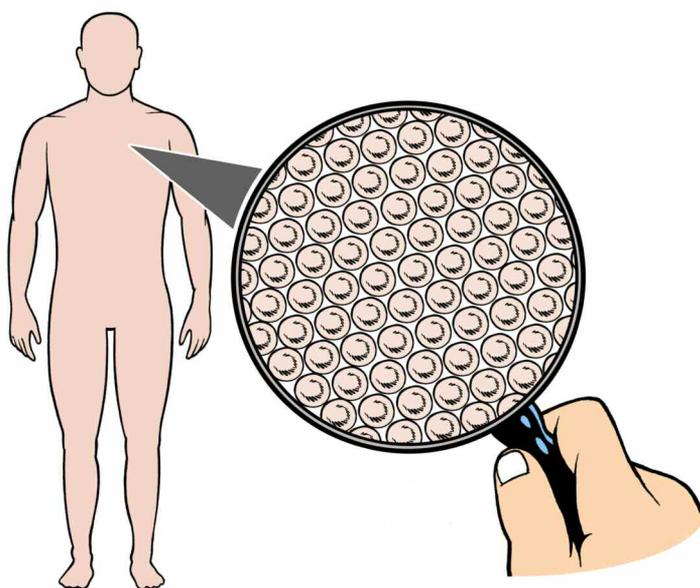


# Word Bank



## Biopsy

A biopsy is when cells are taken from the body and then tested for cancer.

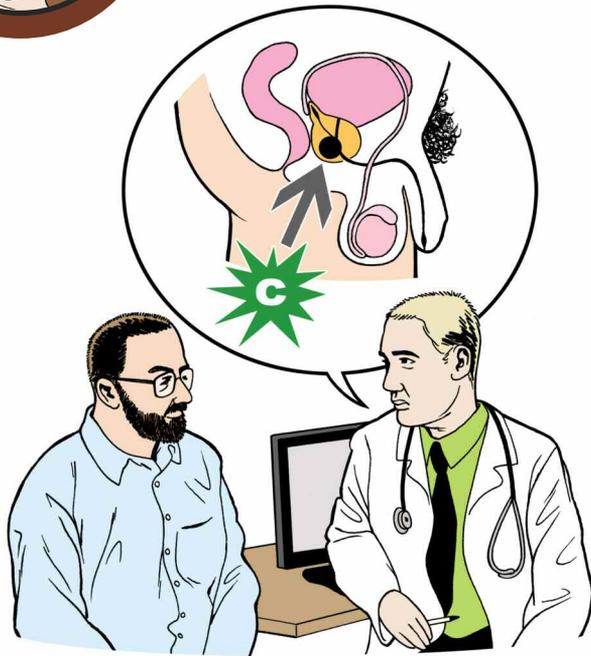


## Cells

The tiny building blocks that make up people's bodies.



# Word Bank



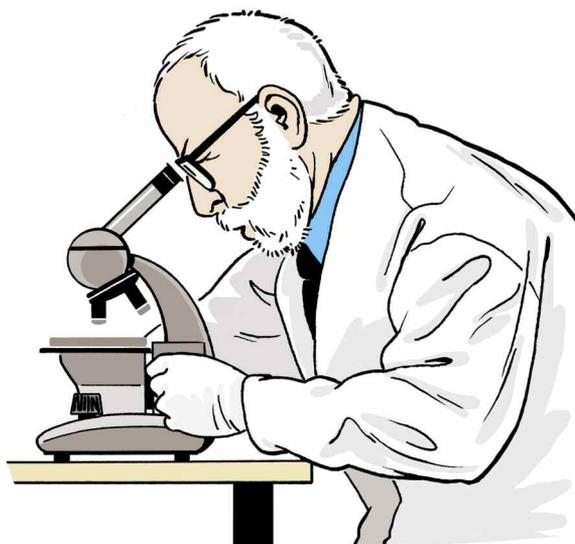
## Diagnosis

A diagnosis is finding out whether you have an illness or not.



## Endoscopy

This is looking down your throat and into your stomach using a long bendy tube with a tiny camera and light at the end.

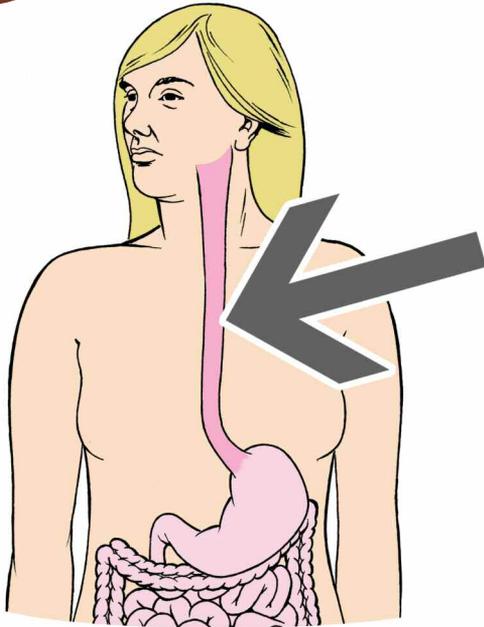


## Microscope

A microscope is what a doctor can use to look at very tiny things like cells. It makes the cells look a lot bigger so the doctor can see them.

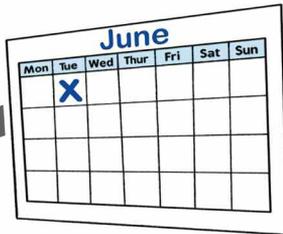


# Word Bank



## Oesophagus

This is the long tube your food goes down to get from your mouth to your stomach.



## Outpatient

An outpatient is a person who goes to hospital for a test or treatment and comes home on the same day.



# Notes

A series of horizontal dotted lines for writing notes.

# Useful contacts



**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities



# Useful contacts

## Helpful organisations

### **Cancer Research UK**

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

**Phone: 0808 800 4040**

**Web: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)**



### **Macmillan Cancer Support**

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

**Phone: 0808 808 00 00**

**Web: [www.macmillan.org.uk](http://www.macmillan.org.uk)**

### **NHS Contacts**

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: [www.hscni.net](http://www.hscni.net)**

### **Paul's Cancer Support Centre**

Gives help, information and complementary therapies to people with cancer.

**Phone: 0207 924 3924**

**Web: [www.paulscancersupportcentre.org.uk](http://www.paulscancersupportcentre.org.uk)**



# Useful contacts

## **RESPOND**

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

**Phone: 0808 808 07 00**

**Web: [www.respond.org.uk](http://www.respond.org.uk)**

## Written and audio material

### **Books Beyond Words**

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

**Web: [www.booksbeyondwords.co.uk](http://www.booksbeyondwords.co.uk)**

**Phone: 020 8877 9799**

**Email: [admin@booksbeyondwords.co.uk](mailto:admin@booksbeyondwords.co.uk)**

### **FAIR Multimedia**

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

**Email: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)**

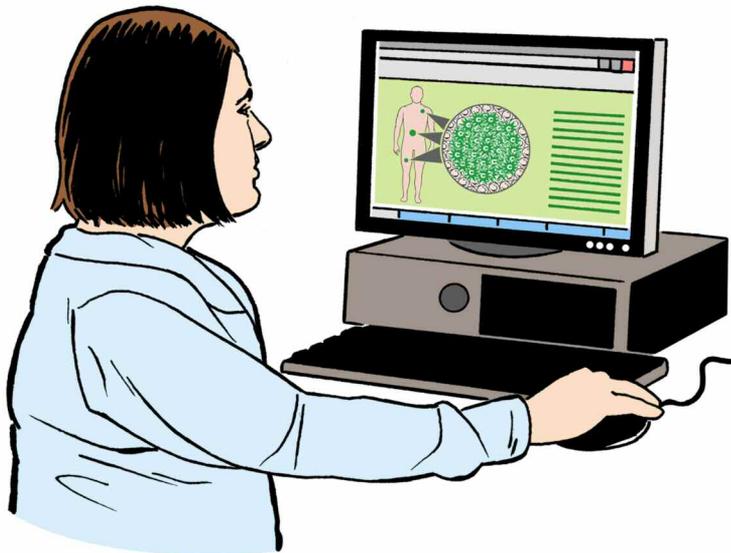
**Phone: 0131 662 1962**

**Web: [www.fairadvice.org.uk/health-publications.php](http://www.fairadvice.org.uk/health-publications.php)**



# Useful contacts

## Online help



### [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

Has lots of online health information that is easy to understand.

### [www.macmillan.org.uk](http://www.macmillan.org.uk)

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

## Videos and DVDs

### **Leeds Animation Workshop**

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

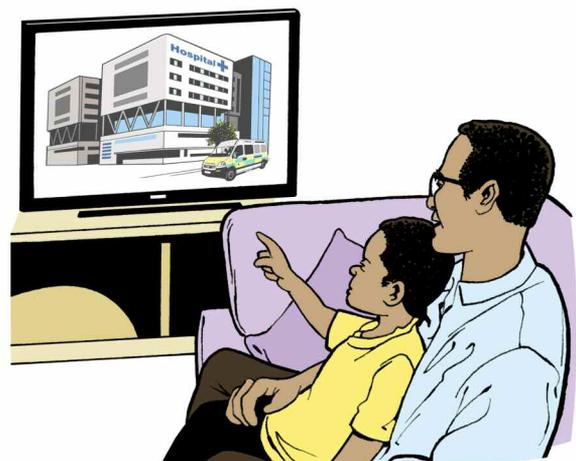
**Phone: 0113 248 4997**

**Web: [www.leedsanimation.org.uk/index.html](http://www.leedsanimation.org.uk/index.html)**

### **Speak Up Self Advocacy**

Has DVDs and booklets for people with learning disabilities about health and illness.

**Web: [www.speakup.org.uk](http://www.speakup.org.uk)**





**CHANGE** is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

## **WE ARE MACMILLAN. CANCER SUPPORT**

**Macmillan Cancer Support** has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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