

## Gastroscopy (adults)

### Introduction

A gastroscopy is an examination to look at the inside of the oesophagus, stomach and the first part of the small intestines. A flexible tube of 1 cm thickness (gastroscope), which has a camera and light at the end, is inserted via the mouth.

### Preparation

In order to examine the stomach properly, it must be empty and for this reason you may not smoke, drink or eat anything from 6 hours before the examination.

Do you take:

- blood thinners;
- medication for diabetes.

It may be necessary to adjust these medicines and you should discuss this with your doctor in advance.

### Anaesthetic

In principle you will not be given any anaesthetic as the examination is not painful. If you wish, you can be sedated, so you have little awareness of what is going on during the examination. If you wish to be sedated:

- you must always discuss this with your doctor in advance;
- you indicate this when making the appointment (there must be a bed available for you).

If you are sedated, an electronic monitoring device will be placed on your finger to monitor your heart beat and oxygen level.

### Examination

Immediately before the examination you will be given a drink to avoid any foam build-up in the stomach. You will also be asked to remove any dentures or dental plates.

The examination takes 5 to 10 minutes. During the examination you will be placed on your left side. The assistant places a ring between your jaws to protect the gastroscope and your teeth.

The doctor inserts the scope over the tongue into the back of the throat. The tube is then slowly pushed via the oesophagus to the stomach. The insertion of the tube is not painful but may be unpleasant for a little while. You do not have to worry about not being able to breathe as the scope does not go into the windpipe.

During the examination the doctor blows air into the stomach to stretch it. This may make you burb.

If necessary a piece of tissue (biopsy) is removed. This is not painful, but may give a pulling sensation.

### After the examination

If you have been sedated, you recover in the department. Your blood pressure will be checked for a short period.

Two hours after you have signed up, you may go home. You may:

- only go home if accompanied by a family member or friend;

- definitely not take part in traffic by yourself.

We recommend that you spend the rest of the day at home. After the examination you may have a raw feeling in your throat, which usually disappears quite quickly.

### **Results**

The gastroenterologist or internist is usually able to give preliminary results immediately after the examination. Any tissue results are not immediately available. The doctor will make further appointments with you to discuss these.

### **Risks involved in the examination**

The risks of the examination are small. In less than 1 in a 1000 people there is a complication (problem during the examination).

Possible problems:

- An airway infection or pneumonia; as a result of stomach contents being swallowed the wrong way. This is more common in people who have been sedated.
- A tear in the oesophagus or stomach. This is very rare. It sometimes requires an operation to rectify the tear.

### **Questions**

We strongly urge you to discuss all your questions and concerns with the doctor in advance.

### **Contact with the hospital**

We would stress that you immediately contact the hospital if any of the following occurs:

- any blood loss;
- shortness of breath;
- high temperature;
- severe abdominal pain;
- other problems.

You can reach us 24 hours a day via the hospital's general telephone number (020 - 755 7000).

#### **Notes on this leaflet**

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).