

Endoscopy

Upper GI endoscopy is a procedure performed under sedation using an endoscope (a thin, flexible telescope) and is used to investigate or treat problems of the oesophagus, stomach or duodenum. You should inform staff of any sensitivities or allergies to any drugs, especially iodine, antibiotics, sedation or anaesthetic drugs, and sticking plasters. If you take aspirin or other blood thinning treatments this should be discussed before the endoscopy, as sometimes these medications must be stopped.

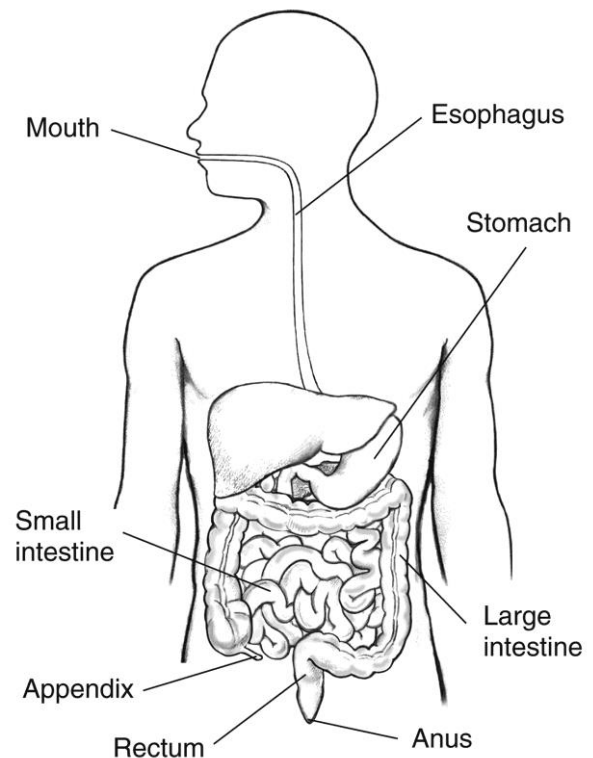
Upper GI Endoscopy Indications

Upper GI Endoscopy is used to:

- Diagnosing problems in the oesophagus, stomach and duodenum and to take tissue samples
- Investigation of undiagnosed upper abdominal pain, diarrhoea and iron or folate deficiency
- Treatment of various conditions including bleeding, oesophageal varices, ulcers and blockages
- Insertion of special feeding and venting tubes into the stomach or jejunum

Preparation

To allow a clear view, your stomach should be completely empty. You should have nothing to eat for **6 hours** prior to the procedure. If you do have to take important medications during this fasting period, drink only small sips of water. After reading this information form, you will be asked to discuss any questions about the test before signing the consent section.



Upper GI Endoscopy Procedure

You will have to remove any dentures, jewellery, glasses, or hearing aids. You will be asked to lie on a bed and the nursing staff will assist you into the correct position, lying on your left side. A mouth guard and nasal catheters delivering oxygen will be placed. After you are sedated, the endoscope is passed through your mouth into the stomach and duodenum. The whole procedure can take as little as 5 minutes or as long as an hour or more depending on how complicated the problem is.

Post Procedure

Your condition will be monitored for several hours or even over night in the hospital depending on the estimated risk or any complications. Your throat may feel sore and dry for a while and you may burp up any remaining air from your stomach. You may be drowsy or dizzy for a time after the test due to the sedation. After one hour or so you may be allowed to resume oral intake. If you plan to go home after the procedure, please arrange for someone to pick you up and take you home. Rest and ensure you drink plenty of fluids and contact your specialist or the endoscopy unit if you have any problems after you are discharged. You may not drive a motor vehicle or operate machinery for 24 hours after the sedation. Follow up will be arranged – you will see either your specialist or your GP depending on the circumstances.

Risks

Endoscopy can result in complications. You may have a sore throat that lasts for a few days, and there is a small chance of aspirating saliva during the procedure that can cause a chest infection in about 1% of patients. If you have a complicated problem it is not unusual to need repeat endoscopies. Other risks include anaesthetic related problems, and very rarely serious disability or even death due to heart, nerve, organ damage, or haemorrhage. Perforation of the oesophagus, stomach, or duodenum can occur very rarely. Unforeseen interventions such as surgery may be needed to treat some of these complications. Overall, this is a safe and common procedure and the risk of these complications is rare.

If you require removal of an impacted foreign body, dilatation or strictures or placement of the stent, the risk of complications is higher. Insertion of a feeding tube also has specific risks that should be discussed in detail before booking the procedure.

If you have any questions about this information, discuss these with your specialist before you attend your procedure.

Contact Details

Private Mater Private Hospital – Endoscopy Unit
Level 6 Mater Private Hospital
301 Vulture Street, South Brisbane QLD 4101
Phone: 07 3163 1044 Fax: 07 3163 1185

Rooms Mater Hill Gastroenterology
Suite 2 Level 2 Salmon Building
537 Stanley Street South Brisbane QLD 4101
Phone: 07 3163 7820 Fax: 07 3163 1371

Emergency Mater Private Emergency
301 Vulture Street, South Brisbane QLD 4101
Phone: 07 3163 1000 Fax: 07 3163 1032

For urgent enquiries during the weekend please call the Mater Switch on 07 3163 8111 and ask to speak with your specialist.