

A Typical Gastroscopy Experience

“A gastroscopy is a safe and straightforward procedure. It takes about seven minutes to complete. It is a camera test into the mouth, oesophagus, or food pipe, stomach and first part of the small bowel”.

“It can look for causes of heartburn, bleeding, or stomach pain, amongst others”.

“There are potential risks, and even though they are rare, it is important that you are aware of them. They include:

1. A tear.
2. Bleeding.
3. Pain.

Please see our frequently asked questions (FAQs) for further information”.

“You should not have eaten any solid foods for six (6) hours, or clear fluids for two (2) hours before arriving for your procedure”.

“When you arrive in the waiting area, you will take a ticket and wait to be called by our check-in staff. You will see posters about ongoing research projects in the department and you may be asked if you would like to take part. You will be asked to confirm your details. You will then return to your seat and wait to be called by one of the nursing staff”.

“Please note that the time on your appointment form is your check-in time and will not be the same time as your procedure. As this is a busy department, there can be some delays. Also, there are different procedures happening at the same time, so other patients may be called before you”.

“A nurse will go through some medical details with you and then you’ll be brought to the pre-endoscopy bay to change. You will be able to change in this area. There are toilets located nearby”.

“You will wait on a trolley until one of our staff will bring you to the procedure room. You will then be brought to the procedure room”.

“This is the camera that we will be using today. As you can see, it is quite a narrow tube, about the width of a pen, with a camera and a light on the end”.

“You will be given a lidocaine spray to help numb your throat. You will be asked to lie on your left-hand side”.

“If, like me, you chose to get conscious sedation, please see our separate video on this topic”.

“A mouth guard will be placed to protect your teeth. After your procedure, you will go to the recovery room and then after an hour or so, into the discharge lounge, where you will be given something to eat and drink”.

“After you receive your discharge instructions, you can follow the way-out signs. If you have had conscious sedation, you must leave with a family member or friend”.