

Sydney Colorectal Associates

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GASTROSCOPY

What is a Gastroscopy?

Gastroscopy is a procedure whereby a flexible instrument is used to check the lining of the oesophagus, stomach and duodenum.

The procedure is usually performed under a light anaesthetic or sedation and requires a hospital stay of about four hours. Because of the anaesthesia/sedation patients should avoid driving, signing documents or operating machinery until the day after the gastroscopy.

Preparation

You will be required to fast for 6 hours prior to your procedure. If your gastroscopy is being done in conjunction with a colonoscopy, you will need to stop drinking 4 hours prior to your procedure.

On the morning of your procedure it is essential that you take your regular medications, such as blood pressure tablets, with a sip of water. Please check with the nurse if you are unsure.

Please also advise us a week or so prior to the procedure if you are taking any blood thinning medications, such as Plavix, Warfarin or Aspirin.

On the Day of the Procedure

Please bring a list of your regular medications to the hospital. You will be seen by a nurse on arrival who will take a detailed history, then be reviewed by your anaesthetist.

During your procedure we may take a biopsy. You will be advised of the result by my practice nurse in the week or so following the procedure.

After the gastroscopy you will be observed for about an hour and then offered refreshments. You can generally go home an hour or two after this.

It is essential that someone collects you from the hospital and stays with you overnight. You will be able to return to normal activities the day after the procedure.

Complications from gastroscopy are extremely rare, but if you have any unusual pain following the procedure please contact either the hospital or our rooms. If out of business hours, please contact the nearest Emergency Department.

If you have any queries please contact my nurse Toula on **1300 553 347**.