

Appointment Date: _____

GASTROSCOPY
PROCEDURE INFORMATION & INSTRUCTIONS



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Please advise us if you are over 80 years of age, diabetic, taking Warfarin, Plavix, Iscover, Clopidogrel, Effient or Prasugrel or have any serious medical conditions.

ON THE DAY OF THE TEST:

- ◆ You must have somebody to collect you. **YOU MUST NOT DRIVE**, operate machinery or make important decisions for the rest of the day.
- ◆ Please arrange for someone to collect you approximately 2-3 hours after your appointment time. We are not permitted to allow you to **drive, walk or catch public transport unattended.**
- ◆ Please wear loose comfortable clothing and leave valuables at home.
- ◆ Please take your regular medications with a sip of water. **Do not** take **diabetic** medication.
- ▶ **PLEASE BRING:**
 - ◆ Medicare card
 - ◆ Private Health Fund details (if applicable)
 - ◆ Referral letter
 - ◆ Current medications

PLEASE DO NOT BRING ANY VALUABLES –
DIGESTIVE HEALTH ACCEPTS NO RESPONSIBILITY FOR VALUABLES.

EXCELLENCE IN DIGESTIVE HEALTH

This information has been prepared to assist you in understanding what to expect when you attend for your gastroscopy. If you have any questions regarding your procedure, please feel free to contact us.

WHAT IS A GASTROSCOPY?

Gastroscopy is an upper endoscopy. This procedure enables your doctor to examine the lining of the upper part of your gastrointestinal tract, i.e. the oesophagus (swallowing tube), stomach and duodenum (first portion of the small intestine) for any abnormalities more accurately than x-ray.

WHY IS A GASTROSCOPY PERFORMED

Upper endoscopy is usually performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting, or difficulty swallowing. It is also the best test for finding the cause of bleeding from the upper gastrointestinal tract.

Upper endoscopy is usually more accurate than x-rays for detecting inflammation, ulcers or tumours of the oesophagus, stomach and duodenum. Upper endoscopy can detect early cancer and can distinguish between benign and malignant (cancer) conditions by performing biopsies (taking small tissue samples) of suspicious areas. Biopsies are taken for many reasons and do not necessarily mean that cancer is suspected.

If narrowed areas are found, these may be treated by stretching up with a dilator passed down the endoscope. If small growths (polyps) are found, these may be removed during the procedure.

DAY OF PROCEDURE

You **MUST NOT** eat anything from 12 midnight, but you may drink water until 3 hours before the procedure.

REMEMBER—NOTHING TO BE TAKEN BY MOUTH FOR 3 HOURS BEFORE THE PROCEDURE.

Please take regular medications with a sip of water.

Our Mission is "To Provide the Best Quality Digestive Health Care"

WHAT CAN BE EXPECTED ON THE DAY OF THE PROCEDURE?

Our doctor will discuss with you why a gastroscopy is being performed, whether any alternative tests are available, and possible complications from the procedure. You will be asked about any drug allergies you may have and whether you have any other major diseases such as a heart or lung condition that might require special attention during the procedure.

You will be given a light anaesthetic through a small needle into your vein. This will make you sleepy and relaxed. While you are in a comfortable position on your left side, the endoscope is passed through the mouth and then in turn through the oesophagus, stomach and duodenum. The endoscope does not interfere with your breathing during the test.

WHAT HAPPENS AFTER A GASTROSCOPY?

Following your gastroscopy you will be monitored in the recovery room until you have recovered from most of the effects of the anaesthetic. You may have some minor bloating or cramping due to the air introduced in the stomach during the procedure. This should disappear quickly. In most circumstances your doctor can inform you of your test results on the day of the procedure, however, the results of any biopsies or cytology samples taken will take several days. You will have time to talk with the gastroenterologist and anaesthetist performing your test. You will receive your own copy of the endoscopy report afterwards.

ANY QUESTIONS: Please do not hesitate to come and see us or telephone if you have any questions. One of our doctors is always happy to talk to you a few days before the procedure if you are at all concerned. We look forward to seeing you on the day.

IF YOU ARE DIABETIC: Please contact the doctor who manages your diabetes for further instructions, or phone us if you are unsure. **DO NOT TAKE DIABETIC MEDICATIONS ON THE DAY OF THE GASTROSCOPY UNLESS ADVISED TO DO SO BY YOUR DOCTOR.**

HOSPITAL INFORMATION

The Digestive Health Centre was the first day procedure centre in Australia established in 1977. The facility is a purpose built registered private day hospital.

We offer courteous, high quality, affordable digestive health care for the whole family.

To maximise patient comfort and safety, the hospital has:

- ◆ ACHS Accreditation to ensure that high quality is maintained and independently audited.
- ◆ The Digestive Health Centre is committed to the highest standard of Infection Control.
- ◆ Automatic Equipment ensures premium disinfection and sterilisation of endoscopes and instruments.
- ◆ The latest video endoscopic equipment offering accurate clinical findings.
- ◆ Endoscopy reports include photographs of findings.
- ◆ Comfortable recovery room with beds and recliners.
- ◆ Consulting rooms to discuss findings privately.
- ◆ Comfortable waiting area for relatives and friends.

PATIENT'S RIGHTS & RESPONSIBILITIES

All patients have the right to:

- ◆ Consideration of beliefs, ethnic, cultural, dietary, and religious practices.
- ◆ Privacy and confidentiality.
- ◆ Personal safety.
- ◆ Knowledge of the names of all persons providing the service.
- ◆ Detailed information about the procedure, reasons for the procedure, significant risks, alternatives, costs and an opportunity to ask questions .
- ◆ Formal and informed consent.
- ◆ Request a second opinion.
- ◆ Refuse treatment or discharge yourself against the advice of the attending doctor or staff.
- ◆ Make a complaint about any aspect of care . Complaint forms are available in the reception area or you may ask to speak to the Complaints Officer. No person making a complaint will be adversely affected.
- ◆ Access of medical records in accordance with privacy legislation.
- ◆ To refuse the presence of healthcare workers not directly involved in their care.

You have the responsibility for:

- ◆ Providing, to the best of your knowledge, accurate and complete information about present complaints, past illnesses, hospitalisations, medications, and other matters relating to your health.
- ◆ Reporting unexpected changes in your condition to the doctor.
- ◆ Reporting your understanding of proposed treatment and action expected of you.
- ◆ Arriving fasted and prepared for the procedure.
- ◆ Arranging to be taken home by a responsible adult afterwards.
- ◆ Following the treatment plan recommended by the practitioner primarily responsible for your care. This may include following the instructions of nurses.
- ◆ Keeping appointments and, if unable to do so for any reason, notify the doctor or the hospital.
- ◆ Your actions if you refuse treatment or do not follow the doctor's instructions.

EXCELLENCE IN DIGESTIVE HEALTH