

Please advise us if you are over 80 years of age, diabetic, or taking any blood thinning medications or have any serious medical conditions.

ON THE DAY OF THE GASTROSCOPY:

- 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.** We are not permitted to allow you to **drive, walk or catch public transport unattended.**
- Wear loose comfortable clothing
- Take your regular medications with a sip of water, 2 hours before your Procedure. **Do not take diabetic medication.**

PLEASE BRING

- Medicare card and Private Health Fund details (if applicable)
- Referral letter
- Do not bring any medications with you except insulin
- Dentures – Please leave in

Please do not bring any valuables – Digestive Health accepts no responsibility for valuables.

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 a procedure that 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).

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. 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.

DAY OF THE PROCEDURE

You **MUST NOT** eat anything from 12 midnight, but you may drink water until 2 hours before the procedure. Do not chew gum or suck lollies. **REMEMBER—NOTHING TO BE TAKEN BY MOUTH FOR 2 HOURS BEFORE THE PROCEDURE.**

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 gastroscopy 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 TAKING INSULIN: a short appointment with your treating gastroenterologist is required prior to your procedure as your insulin dose may need modifying on the day prior and the day of your procedure **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 a courteous, high quality, affordable digestive health care for the whole family.

To maximise patient comfort and safety, the hospital has:

- ◆ ISO certification is an independent audit of our facility.
- ◆ The Digestive Health Centre has a comprehensive infection prevent and control program in place. Our facility and staff are regularly audited for compliance with national infection and control guidelines, Australian Standards for reprocessing of reusable instruments and the Australian Commission of Safety and Quality in Healthcare [ACSQHC] *National Safety and Quality Health Service Standards*.
- ◆ Automated equipment ensures premium cleaning and disinfection of endoscopes and instruments.
- ◆ The latest video endoscopic equipment offering accurate clinical findings.
- ◆ Reports include photographs of findings.
- ◆ Comfortable recovery room with beds and recliners.
- ◆ Consulting rooms to discuss findings privately.
- ◆ Free car parking.
- ◆ Agreements with all major health funds and Veterans' Affairs.

PATIENT'S RIGHTS & RESPONSIBILITIES

All patients have the right to:

- ◆ Consideration of all 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 themselves despite 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 actions 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.

Version	Date	Author	Description
1	02/01/2015	DON	Initial Document
2	28/07/2017	ADON	Medication instructions updated
3	04/08/2017	ADON/BDM/IM	Updated following consumer review – removal of word endoscopy.
4	19/11/2021	BOM	Updated diabetic taking insulin information. Changed to drink water up to 2 hours before