

What is a Gastroscopy?

A Gastroscopy is an examination of the upper digestive tract, viewing the lining of the oesophagus, stomach, and duodenum. It is done to investigate the cause of any problems or pain regarding digestion. A twilight anaesthetic is given to help you relax and put you to sleep.

***If you have a BMI over 45, please call and tell our staff as your procedure will need to be performed at a different facility. * BMI = Weight (kg) ÷ (Height (m) x Height (m))**

Are there any risks or side-effects?

- Although complications can occur, they are rare. Very few people experience serious side-effects from gastroscopy. You may have a slightly sore throat after the procedure and there is a slightly increased risk of chest infection. Air may also be trapped in your stomach causing you to feel bloated. If a biopsy has been taken or treatment performed, there may be minor bleeding. Very rarely, the stomach lining may be torn and if this occurs you will be admitted to hospital for an operation to repair it. Reactions to the sedative are also possible, but again rare.
- Splenic Injury
- Anaesthetic risk aspiration (fluid/food going into the lungs from the stomach)

Please note that occasionally one's teeth may be damaged during the procedure. We make every effort to protect your teeth by providing every patient with a mouth guard.

The procedure takes approximately 15 minutes, but you need to account to be here for approx. 3 to 3.5 hours. Please be advised that within this time you may wait between 1 to 2 hours in the waiting room before you go into theatre.

Please follow these instructions carefully

- You **must not** eat any food 6 hours prior to procedure but can drink 200 ml of water (**no shakes**, such as milkshakes or protein shakes) per hour up to 4 hours prior to your procedure. You must completely fast (including water, smoking, and chewing gum) **from 4 hours** before your procedure. Please advise staff if you have a lap band as you need to fast for 12 hours.
- **We prefer if someone can pick you up following your procedure**, as you **CANNOT** drive, walk, or catch public transport home. However, you may go home in an uber, or we can call a taxi for you.
- Please ensure that you **do not return to work** after your procedure.
- Wear loose comfortable clothing and **do not wear jewellery**.
- Please call reception if you are insulin dependent Diabetic as your procedure will need to be early.

Please bring with you to the appointment

- Medicare Card - **Please advise reception if you have reciprocal or interim card before your procedure**
- A copy of your referral from your doctor
- Your private health insurance details / pension card or health care card details
- A list of your current medication

A LOCKER WILL BE PROVIDED FOR STORAGE OF PERSONAL ITEMS; HOWEVER, NO LIABILITY WILL BE ACCEPTED BY GEDS FOR VALUABLES/JEWELLERY KEPT ON THE PREMISES.

Please be aware there will be a **\$200 OUT OF POCKET EXPENSE IN TOTAL** for the doctor and anaesthetist. If you do not have ambulance cover with Ambulance Victoria, you will be liable for the fee in the event of when you need ambulance transfer.

IF YOU HAVE A TEMPERATURE, COUGH, COLD OR GASTROENTERITIS PLEASE LET RECEPTION KNOW AS YOU MAY NEED TO POSTPONE YOUR PROCEDURE.

I _____ (insert name), HAVE READ AND UNDERSTAND THIS INFORMATION
I HAVE BEEN GIVEN THE OPPORTUNITY TO ASK QUESTIONS

Signed _____ Date _____