



Gastroscopy Information & Consent

What is a Gastroscopy?

Gastroscopy is a procedure used to examine the oesophagus, stomach and duodenum (the first segment of small bowel). A specialized flexible tube (gastroscope) is used which contains a camera & light source. The gastroscope approximates the thickness of your index/pointer finger. Gastroscopy may involve taking small samples from the lining of your upper gut (biopsies). You will not feel the biopsies.

How are you prepared?

No food can be consumed for 8 hours prior to your procedure. Clear fluids/water may be taken until 2 hours before scheduled time of arrival at hospital. Required medication(s) may be taken with a sip of water on the morning of the procedure.

Diabetics will be given special instructions. The procedure will be conducted while a specialist anaesthetist comfortably sedates you. Should you wish to undergo this procedure without sedation please discuss this with attending doctor.

Safety and Risks:

Complications of gastroscopy are rare and occur in approximately 1 in 2000 examinations. Complications related to the anaesthetic drugs may occur, but are rare. The gastroscope may cause trauma to the mouth, throat and rarely dental damage may occur. Perforation (making a hole in the gullet) is a rarity, but if it occurs may require an operation to fix it. Death following anaesthetic or gastroscopic complications is extremely rare (1 in 20000 – mainly in elderly or frail patients). Please advise your doctor if you're taking any medication that thins your blood.

Alternatives:

Radiological investigations (barium swallows/meals, CT or ultrasound) can be used to image the upper gut. Whilst these procedures can be used to assess the upper gut, they are generally less sensitive at detecting diseases & don't allow the taking of biopsies.

Afterwards:

You will likely feel fatigued and tired for the remainder of the day. Don't plan to return to work or participate in any official/formal roles. **Do not drive** for 12-hours after your procedure. Someone will need to collect & preferably stay with you overnight. You should be fit to return to work the following day.

Consent:

I have read and understood this information and had the opportunity to ask questions. I agree to proceed with gastroscopy (and intervention if deemed necessary).

Signed.....

Date.....

