


Useful Contact details

Endoscopy booking office,
Lister Hospital, Stevenage

 01438 284062

Additional Information

Every effort is made to provide you with a choice of appointment. If you are unable to attend the appointment that is offered to you, please contact the Endoscopy booking office to either change or cancel the appointment.

If you decide that you do not wish to attend your appointment, please let the booking office know. If you do not attend your appointment, and have not let us know, there is a chance you will be removed from the waiting list.

Patient Information

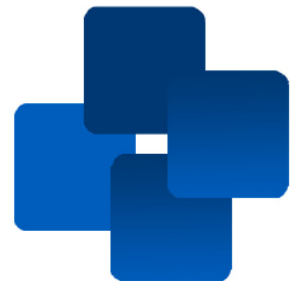
Gastroscopy

An investigation of the oesophagus,
stomach and duodenum

Endoscopy Centre

www.enherts-tr.nhs.uk

You can request this
information in a different
format or another language.



Introduction

You have been advised to have an upper gastrointestinal endoscopy to help find the cause of your symptoms. The procedure is called a **gastroscopy**. This leaflet has been designed to give you an idea of what the procedure is, the benefits, the risks, and the alternative procedures.

What is a gastroscopy?

A gastroscopy is a procedure that allows the endoscopist (the person performing the procedure) to look directly at the oesophagus (the food pipe), the stomach and duodenum (part of the small bowel) with a flexible video endoscope. The endoscope is passed through your mouth into the stomach. This gives a clear view of the lining of the gastrointestinal tract, allowing the endoscopist to make a diagnosis. The endoscopist can perform biopsies (a sample of tissue taken painlessly using forceps). This can be checked for the bacteria helicobacter pylori, which can cause ulcers. A number of other small procedures can also be performed.

Why should I have a gastroscopy?

Your doctor has recommended that you have a gastroscopy to find out the cause of your symptoms, such as:

- pain in the upper abdomen (tummy)
- difficulty swallowing
- recurring indigestion
- vomiting
- bleeding
- recurring heartburn
- monitoring of a long-term condition

A gastroscopy can help diagnose the following:

- ulcers
- inflammation
- infection
- the presence of helicobacter pylori (bacteria that can cause ulcers, gastritis and gastric cancer)
- coeliac disease (inability to digest gluten)
- cancer

Benefits

The benefits of a gastroscopy is the ability to directly see any abnormalities, to take biopsies and to treat areas of bleeding. Also, there is no exposure to radiation.

Risks

Bleeding, a perforation (a piercing in the lining of the gastrointestinal tract), and there is a possibility of you having an adverse reaction to the medication given. Due to the use of a mouth guard, there is also a slight risk of damage to teeth, caps and crowns.

Alternative procedures

You could be sent for a barium swallow which requires the use of X-rays. If any abnormalities are detected on this you may still require a gastroscopy.