

GASTROSCOPY Information and instructions

Gastroscopy (MBS item number 30473) is a procedure in which a flexible tube with a “video camera” at the tip is passed through the oesophagus, stomach and first part of the small bowel. It permits these areas to be inspected as well as specialised procedures such as biopsies to be performed.

Before the procedure a sedative injection is given into the vein to make you sleepy. The procedure is not painful and you may not remember much about it.

Gastroscopy is a safe procedure and complications are very rare. Bleeding may occur at a biopsy site but it is usually minimal and rarely requires follow-up. Other potential risks include a reaction to the sedative used, complications from heart or lung diseases, and perforation (a tear in the gastrointestinal tract lining).

GASTROSCOPY INSTRUCTIONS

An empty stomach is essential for a safe examination, so you should have **nothing to eat for six hours before the examination**. You may drink small amount of water up to 2 hours before the procedure. You may take your usual medications with a sip of water at least 2 hours before the test, unless instructed otherwise by your doctor.

Please advise us if you are taking medications for diabetes or blood-thinners as they may need to be stopped up to 1 week prior to the procedure. If you are on iron tablets these should be stopped 3 days prior to the test. You can continue taking Aspirin.

You must **arrange for someone to accompany you home** because the sedatives may affect your judgment and reflexes for the rest of the day. Hospital will not allow you to leave on your own. Ideally, a responsible adult should stay with you overnight. **You must not drive until the next day.**