

Gastroscopy



CANTERBURY

Endoscopy & Gastroenterology

What is Gastroscopy ?

A gastroscopy is a procedure that enables your doctor to look at the lining of the oesophagus (gullet), stomach and part of the duodenum (small bowel) using an endoscope (a thin flexible tube).

Before the Procedure

Medications

Most medications can be taken as usual with a small mouthful of water.

If you are on blood-thinning medications such as warfarin, rivaroxaban, dabigatran, clopidogrel, dipyridamole or ticagrelor - please contact us as soon as possible for further instructions, as these may need to be with-held prior to gastroscopy.

If you are taking Empagliflozin (Jardiance or Jardiamet) or Dapagliflozin (Forxiga), please do not take this on the morning of your procedure.

If you are taking Duraglutide (Trulicity) or Liraglutide (Saxenda or Victoza) or Semaglutide (Ozempic) please have a liquid only diet (no food) for 24hours prior to Gastroscopy, and do not have anything to eat or drink 6 hours before the procedure.

Fasting

Please do not eat anything for 6 hours before the procedure. You can have sips of clear fluid up until 2 hours before the procedure.

If you are having a colonoscopy at the same appointment, please follow fasting instructions as per colonoscopy instructions.

On the day of the procedure

Please arrive 30 minutes before your appointment time to allow admission and pre-procedure checks.

You will be transferred to endoscopy suite and asked to lie on left side. An anaesthetic spray is given to numb your throat, followed by intravenous administration of a sedative to keep you relaxed and comfortable. It has a mild amnesia-like effect, so you may not remember having the procedure at all.

You will be asked to bite on a mouth-guard to protect your teeth. The flexible tube (gastroscope) would then be advanced through the mouth to your stomach and duodenum (small intestine). Biopsies may be obtained as required.

The procedure takes 7 - 10 minutes.

After the procedure

After the procedure, you will be taken to the recovery area. You will be monitored by nurses, and once your sedation wears off, a choice of light refreshments will be offered.

Dr. Lamba will come and discuss the preliminary results with you, and provide you a copy of the report.

The biopsies can take up to 2 weeks to be reported. If biopsies were obtained during the procedure, a final report will be sent following this.

You would need someone to drive you home, and care for you 24 hours after the procedure.

The sedation makes you feel forgetful, and impairs your judgement and reflexes. Even if you feel alert after the procedure, please do not:

- Drive a car.
- Operate machinery.
- Drink alcohol
- Sign any legal documents

Mild throat discomfort for 1-2 days after gastroscopy is common. Ice-chips, warm drinks or Dofflam lozenges can help.

Risks of Gastroscopy

While complications during a standard gastroscopy are rare, they can occasionally occur especially if a procedure involves an intervention, such as removing a polyp or dilating the esophagus. In very rare cases (approximately 1 in 3,000 procedures), a small tear or perforation may occur, which could require hospital care, antibiotics, or surgery.


Reactions to sedation are rare.

Despite best efforts, there is a small possibility that some conditions may be missed during the exam. If your symptoms continue after your procedure, please contact your doctor for further review.



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