

ARE THERE RISKS WITH GASTROSCOPY?

Some people may experience:

- Reaction to the medication including rash, fever, nausea, vomiting, bloating or breathing problems.
- Redness and soreness at the IV site.
- Small amounts of blood in the stool for 1 to 2 days if the doctor took a biopsy or removed a polyp.

Uncommon but serious side effects may include:

- Aspiration of stomach contents into the lungs due to the sedation.
- A perforation, or tear, in the esophagus or stomach wall, treated with antibiotics and sometimes surgery to repair the tear.
- Possibility of missing a polyp or small tumour.

ADDITIONAL NOTES:

- Sometimes the test cannot be completed if the esophagus or stomach is not thoroughly emptied or for technical reasons. The doctor and endoscopy suite staff will advise you on the next steps.
- During the first week following the test, go to the nearest emergency department if you experience chills, fever, heavy bleeding or severe chest or abdominal pain.

Please note:

The information in **this handout** is only meant for the person who received it from their healthcare team. **It is not to replace any advice or instructions given by your doctor.**

If you have an appointment scheduled and need more information or wish to **reschedule**, please contact the QEH Endoscopy Unit directly at **902-894-0059**.

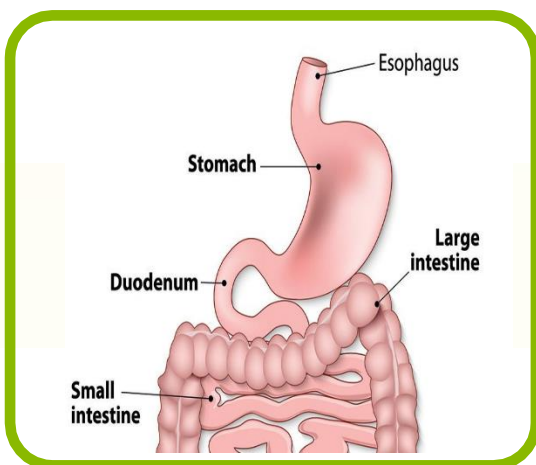
You can also reach out to your family doctor, nurse practitioner, or general surgeon if you have any questions.



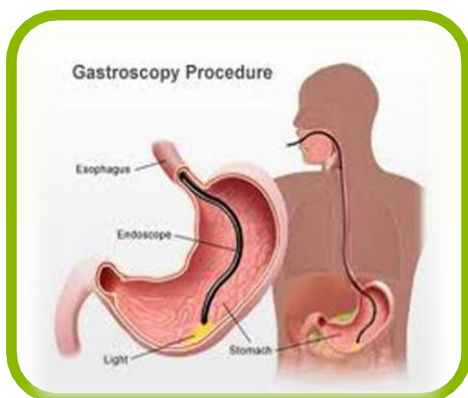
GASTROSCOPY
INFORMATION

Health PEI

WHAT IS A GASTROSCOPY?

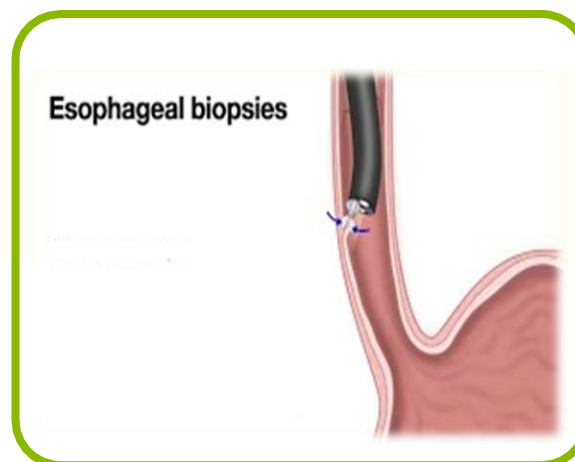


- A gastroscopy is a test that uses a gastroscope, or scope, to examine the lining of the esophagus, stomach and small intestine.
- A scope is a long flexible tube with a camera and a light at the end.



WHAT TO EXPECT DURING A GASTROSCOPY?

- Before the test begins, a nurse will insert an intravenous (IV) line to give you medication for sedation and pain as needed to ensure your comfort and safety.
- You will be lying on your left side as the doctor inserts the scope into the mouth, gently pushing down your esophagus.
- The test allows the doctor to examine the esophagus lining to determine the cause of any bleeding, the presence of any ulcers, inflammation, polyps (small tissue growths) or cancerous growths.
- The doctor may take biopsies, small tissue samples for lab testing, or remove polyps. Most polyps are non-cancerous.



WHAT TO EXPECT AFTER A GASTROSCOPY?

- After the test, do not eat or drink for 1.5 hours unless advised otherwise.
- If you received sedation medication for the test, you might be considered impaired for up to 24 hours.
 - You should not sign any legal documents.
 - You will not be able to drive yourself home. You will need a trusted person to meet you at the endoscopy unit to pick you up from the hospital.
 - You should not drink alcohol or take sleeping pills or anti-anxiety medications.
 - You should not be responsible for another person's care, e.g. a baby, young child, or person in poor health.
 - You can begin drinking full fluids and advance to a regular diet as tolerated.
- If you take blood-thinning medication, discuss when to restart these medications with the doctor. Resume all other medications as usual unless told otherwise.