

Gastroscopy

Easy Read Factsheet

Version 2 - November 2013



Your doctor may want you to go to hospital to have a Gastroscopy. This factsheet explains what will happen.



Checking consent



Consent is when you agree to have a gastroscopy.

It is important to sort out consent before you go to hospital.



You need to understand what will happen to give consent.

This factsheet will help you.



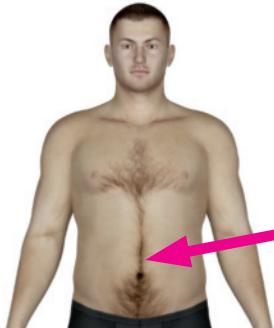
See page 16 for information about our consent and capacity factsheet.

You don't stay overnight



Most people visit hospital for the day to have their Gastroscopy.

What is a Gastroscopy?

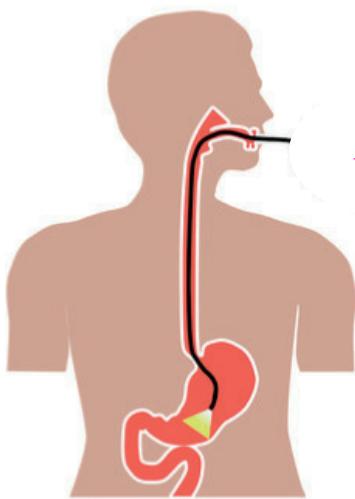


A gastroscopy is a test to check the inside of your tummy.



A gastroscope has a long lead with a camera at the end.

The gastroscope is about as thick as your little finger.



The gastroscope goes in your mouth down to your tummy.



Having a gastroscopy is uncomfortable, but it is important that the doctor looks inside your tummy to check things.

Before your Gastroscopy

You will get an appointment letter from the hospital.



Your appointment letter will tell you what day and what time to go to the hospital.

6



You may have to wait up to 6 weeks before you have your gastroscopy.



You can create a Easy Read letter to go with your hospital appointment letter.

Go to: www.surreyhealthaction.org

The tool is easy to use and puts the pictures in for you.

The day of your Gastroscopy

It is important that you do not eat or drink anything on the day of your gastroscopy.



Your letter from the hospital will tell you more about eating and drinking.



Have a bath or a shower before you go to hospital..



You can take a supporter with you to the hospital.

When you get to hospital

**Go to the reception
with your letter.**



You may have to wait for a while until the nurse is ready for you.

You can bring things to do while you wait.



You need to keep your things safe. There is nowhere to lock them up.

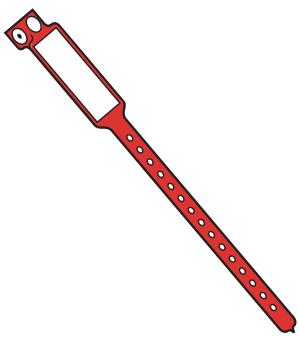
You first go to the Assessment Room



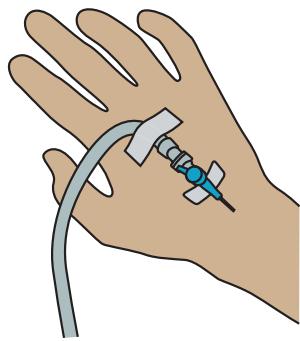
The nurse will ask you some questions.



The nurse will put a wristband on you.



If you have any allergies you will be given a red wristband.



The nurse will put a cannula in your hand.

This is like having an injection and only hurts a little bit.

You then go to the Procedure Room



The nurse will spray inside your mouth.

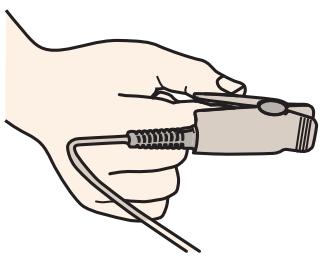
The spray will make your throat feel numb. It tastes a bit fruity.

You lie on the bed.



You lie on your side.

A cuff is put round your arm to check your blood pressure.

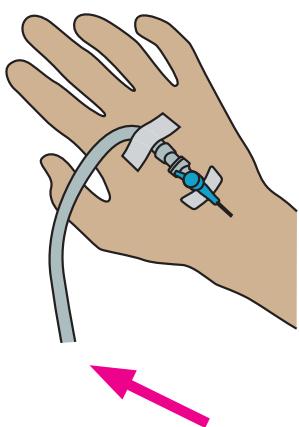


A clip is put on your finger to check your heart beat.



The nurse will then ask you to open your mouth and put a special mouth guard in.

This feels a bit strange.



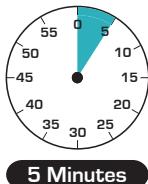
A special liquid will be put into your hand through the cannula.

You won't go to sleep but it will make you feel very relaxed.

You are now ready for your Gastroscopy.



The long tube goes into your mouth and down to your tummy.



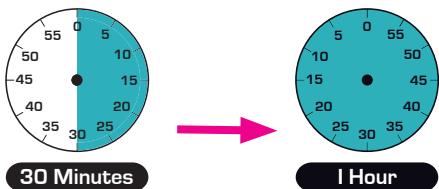
it will only take 5 minutes.

You then go to the Recovery Room



You are wheeled on your bed to the recovery room.

Your heartbeat and blood pressure are checked again.



You will stay in this room for about 30 minutes to 1 hour.



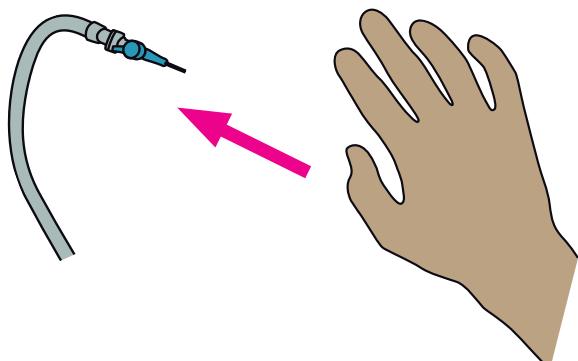
There is an emergency bell you can ring if you need help.



You are given a drink of water.



If you can drink okay you will be given a cup of tea and a biscuit.



The canula is taken out of your hand.



The nurse will do some paperwork with you.



You will then be able to go home.

The results of your Gastroscopy will be sent to your GP.



Your GP will contact you to tell you about the results.

After your Gastroscopy

Support

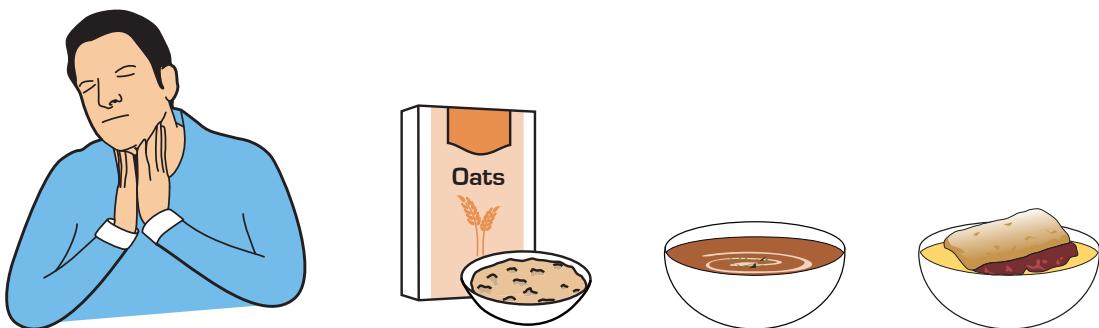


It is very important that you have someone with you for at least 24hrs after your gastroscopy.

This is to check that you are okay.

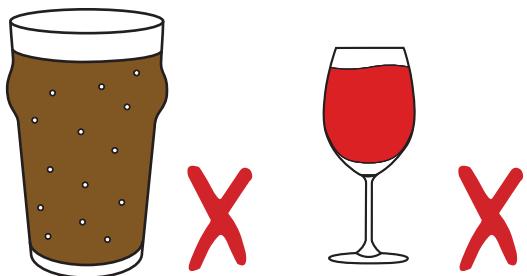
They can be a support worker, friend or family.

Food and drink



Your throat may be a little bit sore for a day after your gastroscopy. Soft food will be easier to eat.

Alcohol



Drinking alcohol may make you feel very drowsy because of the sedation you had.

It is best not to drink alcohol for 24 hrs after your gastroscopy.

Pain



Your tummy shouldn't hurt after your gastroscopy.

Some people get trapped wind in their tummy which can feel uncomfortable.

Go to see your doctor if you are worried.

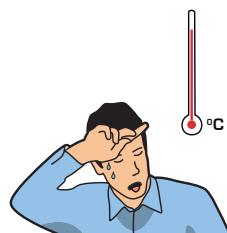
Activities

For one day (24 hours) after your gastroscopy do not do things that could be dangerous or risky. Things like:

- driving 
- using dangerous machines 
- making big decisions 
- climbing ladders. 

Tell your doctor if:

- you are sick or in pain
- your temperature is higher than 38 degrees
- your hand is red, swollen or sore where the canula was.



About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand.

Easy Read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

Getting Ready factsheets



The 'Getting Ready' series of factsheets are also free to download.

Go to:

www.surreyhealthaction.org

Getting Ready for my hospital visit, Getting Ready for my stay in hospital and Getting Ready to go home from hospital.

Consent and Capacity factsheet



We have also developed an Easy Read factsheet called 'Making Choices About Your Health'

It explains about consent, capacity and best interest.

Go to:

www.surreyhealthaction.org

Credits

This factsheet was developed in partnership with Surrey and Sussex Healthcare NHS Trust. Special thanks goes to the staff at Crawley Hospital and the Learning Disability Acute Liaison Service in Surrey.

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