

Gastroscopy

Easy Read Factsheet

Version 1 - June 2012



Introduction

Your doctor may want you to go to hospital to have a Gastroscopy.



This is to check that the inside of your tummy is okay.

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



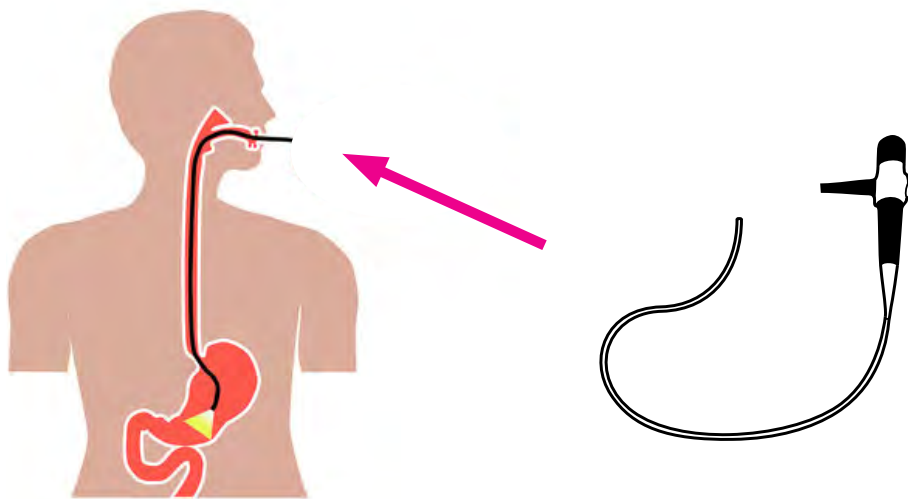
What is a Gastroscope?

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 and is used to look inside your tummy.



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

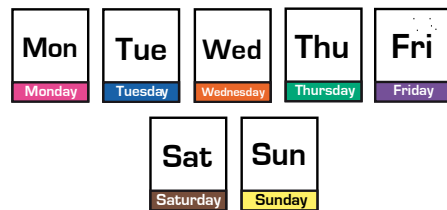
Before your Gastrosocopy



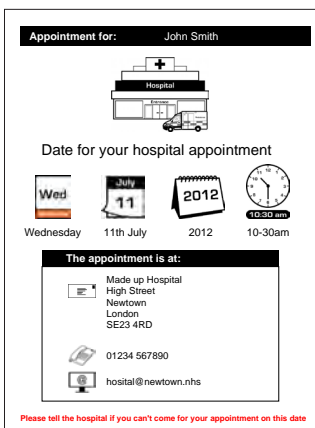
After seeing your doctor you will get a letter from the hospital giving you an appointment.

It may be up to 18 weeks before you have your gastroscopy.

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



You can create a Easy Read letter to go with your hospital appointment letter at www.surreyhealthaction.org

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

The day of your Gastroscopey



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 this.



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 then go to the Assessment Room

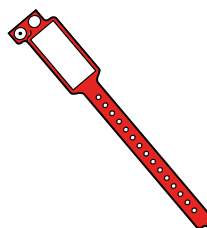


The nurse will ask you some questions.

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.

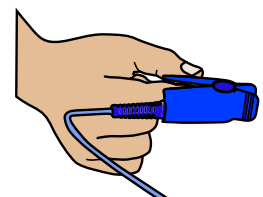


You then need to lie on your side on the bed.

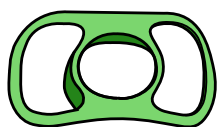


A cuff is put round your arm to check your blood pressure.

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.

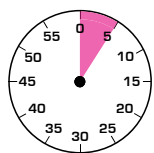
You won't go to sleep but it will make you feel very relaxed.



Now you are ready for your Gastroscopy.

The long tube with a camera at the end goes into your mouth and down to your tummy.

it will only take 5 minutes.



5 Minutes



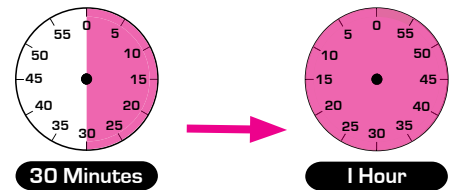
You then go to the Recovery Room



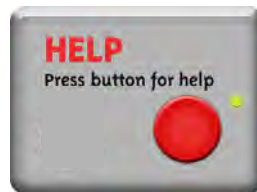
You are wheeled on your bed to the recovery room.

Your heart beat 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 offered a cup of tea and a biscuit.



The nurse will do some paperwork with you.

The cannula will be taken out of your hand.



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 Gastrosocopy

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.



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

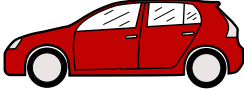
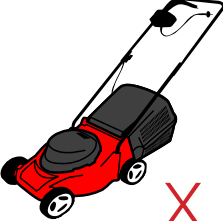

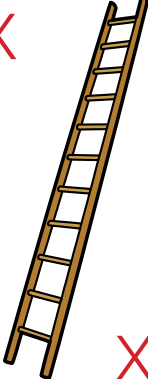
Your tummy shouldn't hurt after your gastroscopy. Some people get trapped wind in their tummy which can feel uncomfortable.






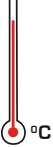

Go to see your doctor if you are worried.

Activities

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

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

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 cannula was. 

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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