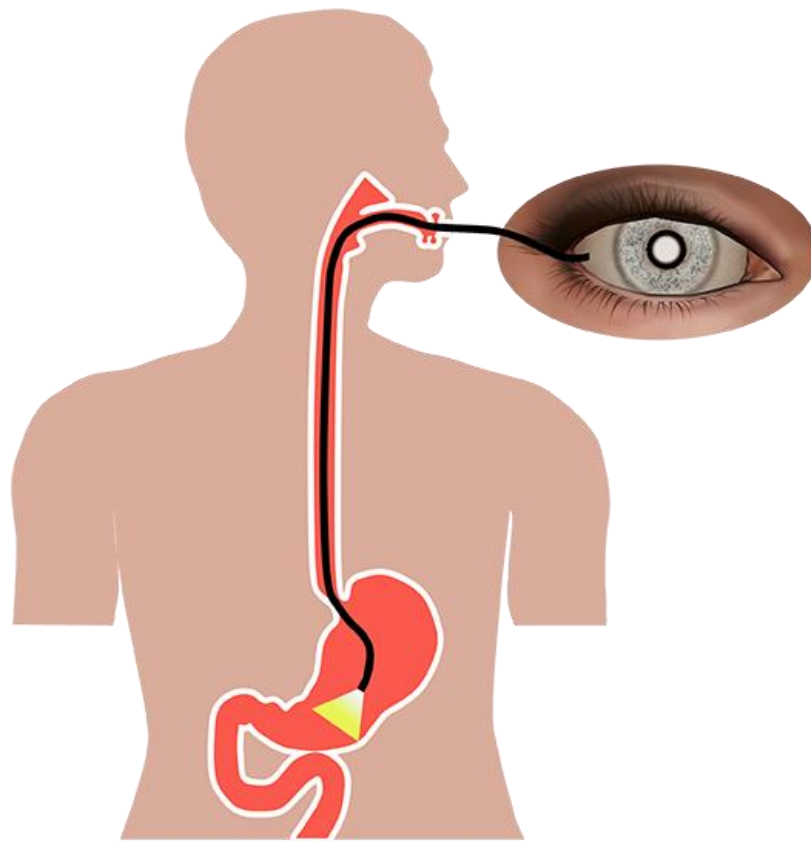




E01 Upper GI Endoscopy

Checking for problems in your stomach



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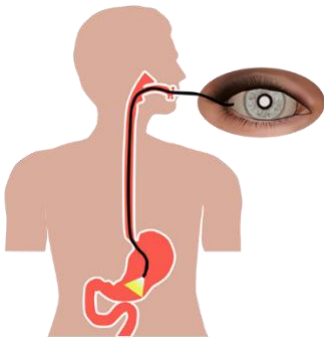


Your stomach

There may be a problem in your stomach.



The doctor can check for problems using a special camera.



The camera goes down your throat into your stomach.

This is called an **endoscopy**.



This booklet can help you choose if you want to have an **endoscopy** or not.



Before an endoscopy

Before an endoscopy you cannot eat for **6 hours**.



You can drink a little bit but you have to stop drinking **2 hours** before.



If you have **diabetes** the doctor will give you special instructions about eating and drinking.



Talk to your doctor at least **a week** before your endoscopy about any medicine you take.



Having an endoscopy

An endoscopy takes about **10 minutes**.



First, the doctor may give you some medicine to help you relax.

They will do this through an injection in your arm or hand.



Then the doctor will put some spray down your throat and ask you to swallow.

The spray may not taste very nice.



The doctor will ask you to lie on your side.



The doctor will put a piece of plastic in your mouth.



Having an endoscopy

The doctor will put a small clip on your finger or toe to check your breathing.

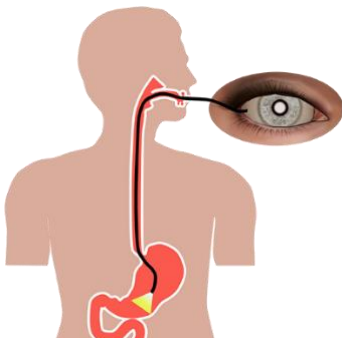


If you need help breathing they will give you a face mask or a small tube under your nose.



The doctor will put the camera into the back of your throat.

The doctor may ask you to swallow again.



When the camera is inside your stomach the doctor will look for problems and take photos.



If the doctor finds a problem they will take a tiny bit so they can do tests.

This is called a **biopsy**.



About the endoscopy

If you want the doctor to stop the endoscopy at any time then you can say.



They will stop as soon as it is safe.



It should not hurt but your tummy may be a bit bloated afterwards.



You should be able to go home straight after.

If you had medicine to help you relax you may have to rest in hospital for a few hours.



You must not eat or drink for **1 hour**.



At home

When you go home make sure someone stays with you.



If you had medicine to help you relax someone should stay with you for at least **24 hours**.



For the first **24 hours** do not:

- Do activities like cooking or driving
- Drink alcohol
- Sign legal papers.



You should be able to go back to normal activities the next day.



At home

Keep a phone close by in case you need to call the hospital.



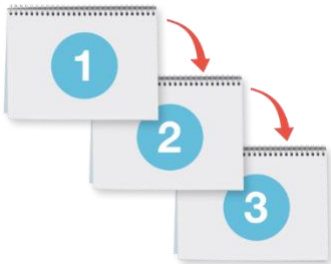
Call your doctor if you have any problems like:

- Pain in your chest or back
- Problems breathing
- High temperature
- Sickness.



Getting your results

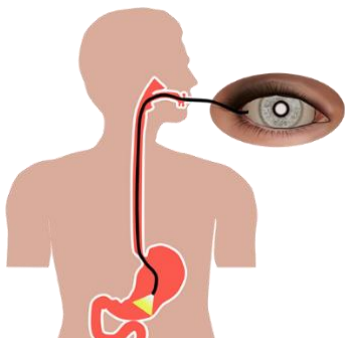
The doctor will let you know when they have the results.



This may take a few days.



They will talk to you about what you need to do next.



Making a decision

The doctor thinks an endoscopy is the best way to find out what's wrong with your stomach.



An **endoscopy** is safe for most people but there are some small risks.

Your doctor can tell you more about the risks.

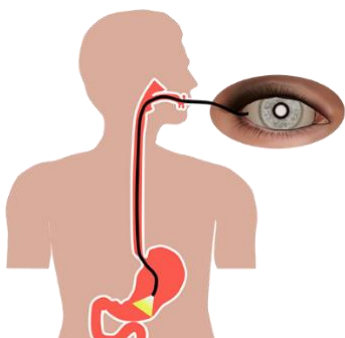


If you say NO to an endoscopy

There may be other tests you can have like an x-ray.



But the doctor may not be able to find the problem with an x-ray.



You may still need an **endoscopy** after.



More information

This leaflet only covers the main points.



If you have any questions speak to your doctor or call