

# A Guide to Gastroscopy

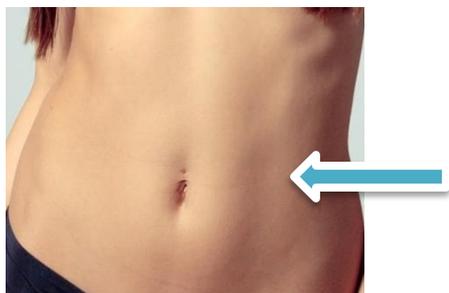
Easy Read Version



**This leaflet will tell you about the test  
and what will happen.**

**If you have any questions, then please  
ask your doctor.**

## What is gastroscopy?

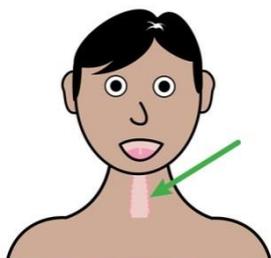


This is a test for the doctor to look inside of your tummy.



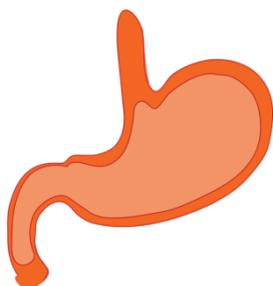
The doctor uses a thin tube with a small camera on the end.

The tube is smaller than your little finger.



The tube is passed gently into your mouth to reach your tummy.

This will not hurt.



The doctor looks inside of your tummy to see how they can help you to feel better.

## Before your gastroscopy



You will get a letter from the hospital to tell you the time and date.



You must not eat or drink for 6 hours before coming to hospital. This helps the doctor to see inside your tummy safely.



Bring a friend, carer or family member with you.



Please bring a list of your medicines with you to give to the nurse.

## When you get to hospital



Go to the reception with your letter.

You will be asked to wait until the nurse is ready.



The nurse will ask you some questions about your health.

They will give you a wrist band with your name on.



The nurse will check your blood pressure and pulse. They use a cuff that squeezes your arm for a few seconds.



The nurse may put a needle in your hand. This is a small tube that lets you have medicines.

This might sting a little bit at first.

## During the procedure



The nurse may use spray your throat. It might taste funny.

It will numb your throat so you will not feel the camera.



The nurse will ask you to lie on your side.

They will put a clip on your finger to check your heart beat.

They might put small soft tubes in your nose to help you to breathe.



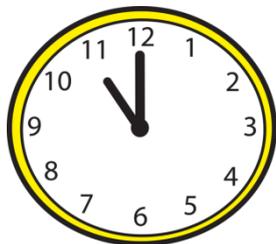
The nurse will put a special mouth guard into your mouth.

This feels strange but will protect your mouth.



The doctor may put medicine into your hand through the needle. This will make you feel very relaxed and sleepy.

## During your gastroscopy



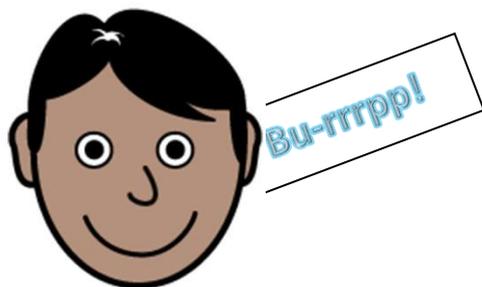
This part will only take **5-10 minutes**.

There will be machines in the room that the doctors use to look in your tummy



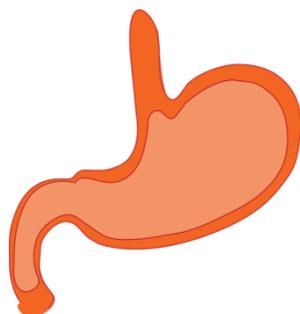
The doctor puts the thin long tube into your mouth to reach your tummy.

This might feel uncomfortable but it will not affect your breathing and you will not choke



The doctor might put air into your tummy and make you want to burp.

This is normal, so don't feel embarrassed.



The doctor might take tiny pieces from your tummy.

This will not hurt and you will not feel it.



If you feel uncomfortable and want the doctor to stop, then you can raise your hand at any point.

### After the procedure

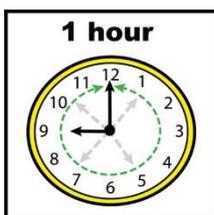


You will go to the recovery room.

The nurse will check your blood pressure again.



Please tell the nurse if you feel unwell.



The nurse will speak with you about your test.

After 1 hour, you should be able to drink and eat.



The nurse will take your needle out.

They will give you a letter and information to take home.



You should be able to return home on the same day.

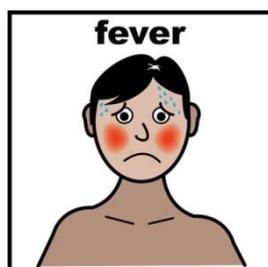
The test is very safe, but there is a small chance that you might need to stay in hospital

### When you get home



Please rest when you are at home. Do not:

- ✗ Drive
- ✗ Do any heavy lifting
- ✗ Drink alcohol



Your throat might feel sore for a few days after. Soft food can be easier to eat.

If you feel unwell, then you can contact the unit or your own doctor.



If you have medicine to make you feel sleepy you must have somebody stay with you for 24 hours after the test.

## Contact Details



For any of these hospitals  
Diana Princess of Wales Hospital,  
Scunthorpe General Hospital,  
Goole & District Hospital

Please call **03033 306999**  
and ask for The Endoscopy Unit

(8am – 6pm, Monday – Friday)

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If after 6pm, then either contact the on-call GP or look at your discharge letter for a telephone number to ring