

Gastroscopy Instruction Sheet

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Gastroscopy - Frequently asked questions

What is a gastroscopy?

A gastroscopy is an exam used to detect changes or abnormalities in the oesophagus (gullet), stomach and first part of the small bowel (duodenum). During a gastroscopy, a long, flexible tube (gastroscope) is inserted into the mouth. A tiny video camera at the tip of the tube allows the doctor to view the inside of the oesophagus, stomach and small bowel. Usually, biopsies are taken in order to help diagnose your condition.

What does it involve?

A gastroscopy involves a fasting period of fasting described below. An anaesthetic doctor will ensure that you are asleep for the procedure and do not remember it. When you wake up you will be told the results of the gastroscopy (camera) findings. The samples (biopsies) will take about 1 week to be reported and you will be told of the results when they are available.

Why do I have to fast?

This is to reduce the possibility of any food or drink going down the wrong way (into the lungs – also called an ‘aspiration’) whilst you are asleep (under anaesthetic).

How long does the procedure take?

A gastroscopy takes roughly 10-15 minutes, but every person is different.

What can I expect afterwards?

Most of the time you will feel normal and be able to eat and drink whatever you would like. Some people have a scratchy throat after a gastroscopy. This will resolve on its own and you can eat and drink normally after the procedure.

What are the risks?

A gastroscopy is usually a safe and complications are extremely uncommon.

- Aspiration - (stomach contents enter the lungs) – may require hospitalisation and antibiotic treatment.
- Bleeding – serious complications are less than in in 1:10000
- Perforation (a hole in the bowel) which may require surgery is rare – less than 1:10000
- Dental damage – during the procedure a mouthguard (or bite block) will be used to protect your teeth. If you have crowns or fragile teeth there is a small risk of dental damage during the procedure. This is very uncommon.
- Death - is extremely rare, although it is a possible consequence of any medical procedure.

For any questions please contact Dr Mogilevski on dr.tamara.mogilevski@protonmail.com or in case of urgent queries via Epworth Freemasons Hospital switchboard – 9418 8293

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Fasting instructions

** If you are having both a gastroscopy and colonoscopy please follow the colonoscopy bowel preparation and fasting information sheet

6 hours before your procedure	Do not eat or drink anything apart from clear fluids. You can take your regular medication with a small sip of water but do not take diabetes medications. Examples of clear fluids are: black coffee/tea, water, soda water, cordial, sports drink, lemonade, apple juice (no pulp), clear soup (like chicken broth). Don't drink anything red, purple or blue.
2 hours before your procedure	FAST (No more clear fluids or anything to drink) Please arrive at the scheduled admission time