



# GASTROSCOPY

What you should know

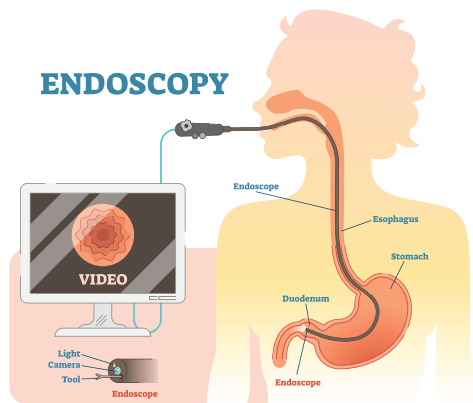


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Digital Version



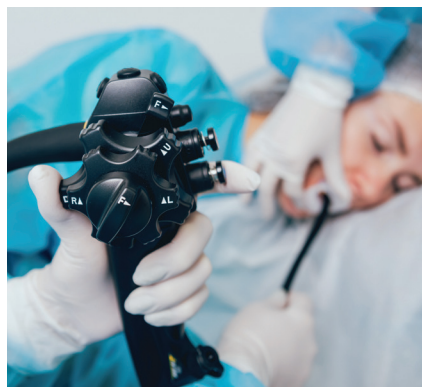
### WHAT IS GASTROSCOPY?

A gastroscopy is a procedure where a thin, flexible tube called an endoscope is used to look inside the esophagus (gullet), stomach and first part of the small intestine (duodenum). It's also sometimes referred to as an upper gastrointestinal endoscopy. An endoscope has a light and a camera at one end. The endoscope is passed through the mouth, into the esophagus and down towards the stomach and duodenum. The camera sends images of the inside of your esophagus, stomach and duodenum to a monitor.

### WHY TO UNDERGO GASTROSCOPY?

A gastroscopy may be advised if you have symptoms such as recurring indigestion, recurring heartburn, pains in the upper abdomen, repeated vomiting, difficulty swallowing, or other symptoms thought to be coming from the upper gut. Conditions that can be confirmed (or ruled out) include:

- Esophagitis - Inflammation of the oesophagus. The doctor will see areas of redness on the lining of the oesophagus.
- Duodenal and stomach ulcers - An ulcer looks like a small, red crater on the inside lining of the duodenum or stomach.
- Duodenitis and gastritis - Inflammation



of the duodenum and stomach.

- Cancer of the stomach and oesophagus
- Various other rare conditions

### WHAT PREPARATION DO I NEED TO DO?

- Have a normal diet day before the procedure. Do not eat any solid food on the day of the procedure. Small sips of water may be allowed up to two hours before the test and 2 hours before your procedure:
- Stop chewing gum
- Stop drinking all clear liquids including water
- Clearly inform the doctor if you are taking any medicines especially anti-coagulants (blood thinners: Aspirin, Warfarin, Plavix, Xarelto), diabetic medicines, other over-the-counter medicine, etc at the time of booking for the procedure. The doctor shall advise about medication that may need to be stopped or can be continued before the test.
- In case you are taking any anti-hypertensive medicines (blood pressure medicines), take it accordingly with small sip of water.
- Let your doctor know about any medical conditions you have.
- Let us know of any dentures, loose-

fitting denture or any filling which are loose.

- If you have a sedative, you will need somebody to accompany you home.
- Avoid important meetings/ appointments on the same day as your performance may be affected by the sedation.

### WHAT HAPPENS DURING A GASTROSCOPY?

Gastroscopy is usually done as an outpatient 'daycare procedure'. A gastroscopy does not usually hurt, but it can be a little uncomfortable. The doctor may numb the back of your throat by spraying on some local anaesthetic or give you an anaesthetic lozenge to suck. You may also be given a sedative to help you to relax.

You lie on your side on a couch. You are asked to put a plastic mouth guard between your teeth. This protects your teeth and stops you from biting the endoscope. The doctor then gently pushes the endoscope down your oesophagus, and into your stomach and duodenum. The video camera at the tip of the endoscope sends pictures to a screen.

If indicated the doctor may take one or more biopsies (small samples) of parts of the inside lining of the gut - depending on why the test is done and what they see. This procedure is painless and biopsy samples are sent to the laboratory for testing which may incur an additional cost. Then endoscope is then gently pulled out.

A gastroscopy often takes less than 15 minutes, although it may take longer if it's being used to treat a condition.

### WHAT CAN I EXPECT AFTER GASTROSCOPY ?

- After the procedure, you'll be taken to

the recovery area

- If you didn't have a sedative, you can usually go home soon after the procedure is finished. Most people are ready to go home after resting within an hour.
- In case sedation has been used
  - You need to rest quietly for a few minutes or hours until the sedative has worn off.
  - You should not drive, operate machinery or drink alcohol for 24 hours after having the sedative. You will need somebody to accompany you home and to stay with you for at least 24 hours.
  - Even if you feel very alert, the sedative can stay in your blood for 24 hours and you may experience further episodes of drowsiness.
  - If you have received sedation please do not take any important decision or make any legal transaction for at least 24 hours after the procedure.
- Feeling of dryness of throat, abdominal bloating is common after endoscopic procedures; if they are persistent you may need to let the treating doctor know.
- Your doctor will discuss the test results and you will receive diet & medication instructions if any. The result from any biopsy may take time your doctor will advise you accordingly. Also, you will receive a copy of the report, CD of the procedure, and follow up appointment. However, if you have had a sedative you may not remember afterward what they said. Therefore, you may wish to have a relative or close friend with you who may be able to remember what was said.
- If you develop symptoms like abdominal pain, bleeding, vomiting, please visit to the emergency department immediately.



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