



Information About Gastroscopy

What is a Gastroscopy?

A gastroscopy, also known as upper endoscopy, is a procedure that allows your doctor to examine the inside lining of your oesophagus (food pipe), stomach, and the first part of the small intestine (duodenum) using a thin, flexible tube called an endoscope. This tube is equipped with a small camera that transmits images to a video screen. The test is used to diagnose causes of symptoms such as persistent nausea and vomiting, upper abdominal pain, heartburn, acid reflux, bleeding, or difficulty swallowing. It also allows for small tissue samples (biopsies) to be taken if necessary.

Why is Gastroscopy Performed?

Gastroscopy is commonly done to investigate unexplained upper digestive symptoms, detect inflammation, ulcers, tumours, or bleeding in the upper gastrointestinal tract, and to evaluate conditions like *Helicobacter pylori* infection or coeliac disease. It can also be used therapeutically, for example, to dilate strictures or remove polyps.

Preparing for Your Procedure

- You must fast for at least six hours before the test; only small amounts of water (up to 200 ml per hour) are allowed up to two hours before your appointment.
- Inform your doctor about all your medications, especially blood thinners or diabetes medicines, as you may need to adjust these.
- Let the medical staff know if you have any allergies, heart or lung conditions, or if you are pregnant.
- Arrange for a responsible adult to accompany you home afterward, as sedation will be used.

During the Procedure

You will receive a sedative to help you relax and a local anaesthetic spray to numb your throat. A mouthguard will protect your teeth while the endoscope is gently passed through your mouth into your digestive tract. You will lie on your left side during the 15–30 minute procedure. Vital signs such as heart rate and oxygen levels are monitored throughout.

After the Procedure

You will be observed in a recovery area until the sedation wears off. Some throat soreness or bloating may occur due to air introduced during the test. You should not drive or operate machinery for 24 hours. Your doctor will provide preliminary results and schedule follow-up to discuss biopsy findings, if any.

Your comfort and safety are our priority. Please follow preparation instructions carefully and contact us with any questions or concerns.

Risks and Complications

Gastroscopy is generally safe. Rare risks include reactions to sedation, bleeding from biopsy sites, or very rarely, perforation of the gastrointestinal lining requiring surgical repair. Contact your doctor immediately if you experience severe pain, persistent vomiting, bleeding, or fever after the procedure.

Consent and Important Information

Before undergoing the procedure, you will be asked to sign a consent form confirming your understanding of the procedure, risks, benefits, and alternatives. You can ask questions and discuss concerns with your doctor beforehand. Images or videos may be recorded to assist with diagnosis and treatment.