# Upper gastrointestinal endoscopy (Gastroscopy)

## Introduction

Upper gastrointestinal endoscopy (sometimes called ‘gastroscopy’ or an OGD) is a test that allows a doctor to look directly at the lining of the oesophagus (gullet), the stomach and around the first bend of the small bowel(called the duodenum).

## The procedure

In order to do the test an endoscope is passed from your mouth in to your stomach. The endoscope is a long thin flexible tube with a bright light and camera at the end. The images from the camera are transmitted to a screen which allows the doctor to guide the endoscope and obtain views of the upper gastrointestinal tract to see if there is any disease present. Sometimes a biopsy may be taken, for testing in the laboratory.

## Preparation

To enable clear views the stomach must be empty. You will therefore be asked not to eat anything for 6 hours prior to the test. Furthermore, no clear fluids for at least 2 hours prior to the test.

## The test

On the day of the test you will be initially seen by the endoscopy staff. The doctor will explain the test to you and at that sign you will sign a consent form. At the time of the procedure you may have a cannula (a plastic tube placed into the vein so that medications can be administered to make you sleepy and relaxed) inserted. We will ask you to lie on your left hand side in a comfortable position. It will also be necessary for you to remove any false teeth. The doctor may spray some local anaesthetic on the back of your throat. A mouthguard is placed between your teeth. It may take up to 10 minutes to examine the stomach. At the end of the test the air is removed from your stomach.

After the test you will rest in the recovery area for half an hour. The back of your throat may feel sore for the rest of the day. If you have had sedation you will require someone to escort you home. You should not drive for the rest of the day.

At the end of the test the doctor will be able to give you the results of the test. However, if any biopsies are taken these results can take up to two weeks to be available.

