



## Gastroscopy Patient Information and Consent Form

### What is a Gastroscopy?

A gastroscopy is a medical procedure used to examine the inner lining of the oesophagus, stomach and first part of the duodenum. During the procedure, a long, flexible tube called a gastroscope is inserted via the mouth. The gastroscope is equipped with a tiny camera at its tip, allowing the doctor to view these organs.

### How is it Performed?

During a gastroscopy, you will lie on your left side on an examination table. You will be given a deep sedation to help you relax and minimize discomfort. The doctor will then gently insert the gastroscope into your mouth and advance it to the duodenum. Images from the gastroscope's camera will be displayed on a monitor, allowing the doctor to perform their examination. If necessary, small tissue samples (biopsies) can be taken, and polyps or other abnormal growths can be removed.

### Gastroscopy Benefits

- Detection (or exclusion) of oesophageal or stomach cancer, allowing for timely intervention and treatment.
- Treatment of other conditions like stomach ulcers or angiodyplasias.
- Diagnosis of the cause of symptoms such as reflux, swallowing difficulties, abdominal pain or discomfort, bloating, bowel habit changes, or weight loss.

### Gastroscopy Risks

- Perforation:** There is a small risk (approx. 1 in 5000) of creating a tear or hole in the wall of the oesophagus, stomach or duodenum. This may require surgery to fix.
- Bleeding:** Some patients may experience bleeding after the procedure, particularly if a biopsy is taken or a polyp is removed.
- Aspiration:** There is a small risk that contents from your stomach may enter your lungs, which can make you sick and require hospitalisation.
- Incomplete procedure:** A complication (eg. aspiration) or technical problems may mean a complete procedure is not achieved.
- Common risks include having a mild sore throat, mild abdominal pain, nausea, faintness or headache afterwards.
- Other uncommon or rare risks include damage to your teeth or jaw, having a heart attack or stroke, anaphylaxis, nerve damage (usually temporary).
- Mortality from gastroscopy is approximately 1 in 8000.

### Alternatives to Gastroscopy

- CT scan or barium swallow:** Uses a CT scanner or X-rays with a swallowed contrast dye to detect abnormalities in the oesophagus or stomach. However, these scans may miss small growths (including small cancers) or ulcers, and if an abnormality is found a gastroscopy is required to inspect the lesion and take biopsies.
- Do nothing:** Avoids all the above risks, but entails the risk of missing a



significant lesion (including cancer), and thus the possibility for earlier intervention. Similarly, another cause for your symptoms may be missed, which may worsen with time.

## Before, During, and After the Procedure

### Before the Procedure

Prior to the procedure, you will need to follow specific preparation instructions to ensure that the stomach is clear of any food. This typically involves:

- Dietary Restrictions:** You will be asked not to consume solid food or some liquids (eg. those containing milk) for 6 hours prior to the procedure, and to not consume any liquids (including water) for 2 hours prior to the procedure. Small sips of water with medications is fine at any time.
- Medication Adjustments:** Inform your doctor of any medications or supplements (including iron tablets or fish oil) you are taking, as certain medications may need to be adjusted or temporarily stopped.

### During the Procedure

- Sedation/Anaesthesia:** You will receive a deep sedation to help you relax and minimize discomfort during the procedure.
- Positioning:** You will lie on your left side on the examination table.
- Duration:** The procedure typically takes about 10 to 15 minutes.

### After the Procedure

- Recovery in Hospital:** You will be monitored in a recovery area until the effects of the sedation wear off, usually for about an hour.

- Recovery at Home:** You cannot drive, operate machinery or sign legal documents for 24 hours. You may feel groggy or have mild cramping or bloating. You should rest for the remainder of the day but can resume normal activities the next day.
- Return to the Emergency Department:** immediately if you experience severe pain, or you are otherwise concerned.

### Questions

Please write down any questions you may have about the procedure below:

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### Consent

I acknowledge that I have read and understood the information provided above about gastroscopy. I have had the opportunity to ask questions and have received satisfactory answers. I consent to undergoing a gastroscopy.

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Surgeon Name: \_\_\_\_\_

Surgeon Signature: \_\_\_\_\_

Date: \_\_\_\_\_