Trafford Hospitals

Endoscopy Unit

Oesophago-gastro-duodenoscopy (OGD)

Patient Information Leaflet

If you are unable to keep your appointment, please telephone the Waiting List Office on 0161 746 2741 as soon as possible. Your appointment can then be offered to someone else which helps to keep waiting lists shorter.
Introduction

Your doctor has advised you to have a test called an oesophago-gastro-duodenoscopy. This test may also be called an OGD or gastroscopy. In this leaflet, we will call the test an OGD.

This booklet has been written to inform you about the test and to answer the most frequently asked questions. (If there is anything else you feel should be included, please let a member of staff know during your visit).

What is an OGD?

An OGD is a test to look at your:

- oesophagus (gullet)
- stomach
- first part of your small bowel, (duodenum)

This is done using an endoscope that has a thin flexible tube, about the width of a little finger, which is passed through your mouth. The test will be carried out by a doctor or specialist nurse, called an endoscopist.

An OGD can be done quite acceptably without sedation. However, you can be given sedation if you prefer – please see the ‘Sedation’ section below.

Why do I need the test?

Your symptoms may be caused by a problem in your gullet, stomach or small bowel. The test will help your doctor to find any problems and then plan your treatment.

Preparation for the test

It is important that your stomach is empty for the test to be successful. Therefore, you must not have anything to eat or drink for 6 hours before your OGD, except for sips of water which you may have up to 2 hours before your test.

What about my medication?

If your appointment is in the morning, do not take your medication. Bring it with you and you can take it after your test.

If your appointment is in the afternoon, you should take your morning medication by 8.00 am.

If you take medication to reduce the acid in your stomach (such as Omeprazole, Lansoprazole, Rabeprazole or Esomeprazole), you should continue to take it in the following circumstances:
- You are being reviewed for Barrett's Oesophagus.
- You have been told not to stop taking this medication by your doctor.
- You have an ulcer and we are checking if it has healed.

If none of these apply, please stop this medication 2 weeks before your appointment. Taking Gaviscon or Rennies will not affect the test.
If you are a diabetic treated with insulin or tablets:
- You will need an early morning appointment. If you have been given a later appointment please contact the Waiting List Office on 0161 746 2741 to change it.
- Do not have any breakfast.
- Do not take your insulin or diabetic tablets on the morning of your test. Bring your insulin or tablets with you to hospital to take after your test.

If you require more advice about managing your diabetes, please contact your diabetes specialist (eg. Diabetes clinic, GP, Practice Nurse).

If you take tablets to thin your blood, such as Warfarin or Sinthrome, please contact your anticoagulant clinic and ask them to check your clotting levels within 1 week of your test. The anticoagulant nurse will advise you if your dose needs changing. Do not stop taking it unless you are specifically told to do so.

If you are taking Clopidogrel, you should have been advised at your out-patient appointment whether you should continue or stop taking it prior to your test. If you require further advice, or did not receive this advice, please call (0161) 748 4022 and ask for your consultant’s secretary for advice. If you have any difficulties, please contact the Endoscopy Unit on (0161) 746 2016.

Sedation

If you choose to be sedated for the test you will be given an injection into a vein in your hand or arm. The sedation will make you quite drowsy but not unconscious. Although drowsy you will still hear what is said to you and you will be able to carry out simple instructions during the test. You will be relaxed and able to breathe quite normally.

Sedation may make you forgetful. Afterwards you may remember very little about the test.

Sedation remains in your blood system for about 24 hours. You must have someone to take you home and look after you for this length of time.

For 24 hours after your test with sedation you should NOT:
- Be left alone in the house or look after children
- Drive (you will not be covered by your insurance if you have an accident).
- Return to work.
- Use any kind of machinery, including household appliances.
- Drink alcohol.
- Sign any important documents.

If you choose to have the test without sedation, you are allowed to drive and carry on life as normal when you go home.

Throat spray

Before your test your throat will be sprayed to make it numb. You will be offered throat spray whether or not you choose to be sedated.

You must not eat or drink for at least 30 minutes following the test. When having your first drink you should sip it first to make sure you do not choke.
How long will I be in hospital?

Your length of stay can vary, but you should expect to be in the department for up to three hours. If your test and recovery is complete, you may be allowed home sooner.

We will always try to see you at your appointment time. However, please note that there are several factors that may cause unavoidable delays. For example, if we find a treatable condition during a procedure, we will carry out this treatment at the time. This may result in that test taking longer than the allocated time slot resulting in delays for other patients, but we think you will agree that this is a necessary delay. We may also need to see emergency patients which are brought from the wards on to the unit through the hospital link corridor at the rear of the unit.

Do I need to bring anything with me?

Please bring a copy of your most recent prescription or a list of your medication. If you need to take any medication following your test, you may also bring these with you.

Visitors

The Endoscopy Unit is a very busy ward and to ensure the privacy and dignity of all our patients we are unable to accommodate friends and relatives in the treatment area. However, staff may assess your circumstances and make exceptions where necessary. For example:

- The patient concerned has special needs
- The patient is under the age of 16
- The patient requires support with communication needs (Please note that friends and relatives are not allowed to interpret for patients. If an interpreter is required, please inform Waiting List on 0161 746 2741.)

During your test, friends and relatives may wait in reception, visit the restaurant or go home for a while depending on your expected length of stay. If necessary, staff will contact them by phone when you are ready to be escorted home.

If you would like to discuss your needs before arrival, please telephone the Endoscopy Unit on (0161) 746 2016.

What happens when I arrive?

When you arrive on the Endoscopy Unit a nurse will look after you throughout your stay:

- Your personal details will be checked.
- You will be asked some questions about your general health.
- Your blood pressure, pulse and oxygen level will be recorded.
- Your test will be explained and your questions answered.
- Arrangements for going home and aftercare will be checked.
- You will be asked to give your consent to the test and sign a consent form, if you haven’t already done so.
• If you wish to have sedation, a needle will be inserted into the back of your hand or arm. The needle will be removed and a soft plastic tube left in place. This will be used to give your sedation.
• If you are a diabetic your blood sugar level will be checked.
• If you are taking tablets to thin your blood, we will check the result of your most recent blood test. Occasionally, we may need to take another sample to make sure it is safe to carry out your test.

You will not need to get undressed for this test.

Before the test
The endoscopist will make sure you understand the test and that you have signed your consent form.

What happens during the test?
• If you have dentures, you will be asked to take them out. We will give you a pot to put them in.
• Your throat will be sprayed to make it numb.
• You will be asked to lie down on your left hand side.
• If you want to be sedated, your sedation will be given just before the test starts.
• A probe may be clipped on to your finger to monitor your breathing and heart rate.
• The flexible tube is passed through your mouth and into your stomach.
• Air is gently blown inside to expand your stomach to allow good views.
• During the test, we may take internal photographs. These images are only used for medical purposes. Your privacy will be respected.
• Tiny samples of tissue may also be taken. This is painless.
• Anything unusual, which we can treat during your test, will be treated unless you ask us not to before the test begins.
• Normally the test will take less than ten minutes. At the end of your test the flexible tube is easily removed.

After your test
• You will be able to rest in the recovery area.
• You will be monitored by the nurses until you are fully recovered.
• You will not be able to eat or drink anything for 30 minutes after your test. This is because your throat may still be numb.
• Before you go home, you will be offered a drink and a biscuit.
• A nurse will talk to you about the findings of your test and any follow-up. You will also be given written information about this. If we have taken biopsies (samples) during your test, you will be informed of the results either at a future out-patient appointment or by letter.
• Again, you will be able to ask any questions you have.
• If you have had sedation, you must have someone to take you home and look after you for 24 hours. We will contact this person for you when you are ready to go home.
• If you have not had sedation, you may leave on your own when you are ready.
After you have left the unit

Problems following an OGD are unusual. If you have severe pain or bleeding after your test, you should contact your GP and inform them that you have had an OGD. If you cannot contact your doctor, or if your symptoms continue or get worse, you should go to your nearest Accident and Emergency Department.

What are the benefits of having the test?

The test will give us the information we need to treat your condition. If we find anything unusual, we may be able to treat it during your test.

What are the possible risks or complications of having this test?

The test is usually very safe. Problems, which can happen in about 1 in 1000 tests, include:

- A sore throat and damage to teeth or dental work.
- Changes in your heart rate and breathing caused by the sedation or the test itself.
- Pneumonia, if stomach contents are inhaled.
- Bleeding, or a hole in the gut wall, caused by:
  - irritation of the lining of the gut by the endoscope
  - taking samples of tissue
  - other treatments carried out during your test.
  If this happens, you may need to stay in hospital for observation or an operation to repair the damage.

What are the discomforts of the test?

The spray which numbs your throat produces the feeling that your throat is swelling. It only lasts for a very short while and does not interfere with swallowing or breathing.

You may feel bloated as air is blown into your stomach during the test. As much air as possible is removed when the test is complete.

Is there an alternative test?

A Barium Swallow/Meal is a special X-ray of the gullet and stomach. It can be used to give some information about your condition. However:

- This test may not show minor inflammation, small polyps and tumours.
- Samples of tissue can not be taken and tested.
- Polyps can not be removed.
- Treatments can not be carried out during the test.
- The test involves X-ray radiation similar to the amount received naturally from the environment in 12 to 18 months.

Your doctor will have decided that an OGD is the best test for you.
What will happen if I don’t have the test?

This will vary depending on your individual circumstances. However, if you do not have the test your doctor may not be able to find the cause of your symptoms. Should you have any questions about this, please speak to your doctor.

If I have any further questions about the test, who should I contact?

If you have any worries about your test, you can talk to your doctor beforehand or contact the Endoscopy unit on 0161 746 2016, Monday to Friday 8.00 am-6.00 pm.

Further information can also be obtained via our website at www.cmft.nhs.uk/trafford-hospitals/our-services/endoscopy.aspx or from www.nhs.uk.

Please make sure you fully understand the test and any possible treatments before signing your consent form. You may ask questions about anything you are unsure of.

Check list

- Are you able to keep your appointment? If not have you phoned the Waiting List Office on 0161 746 2741 to cancel or change it?
- Are you worried or do you have any questions to ask? You can talk to your doctor or ring the Endoscopy Unit on 0161 746 2016.
- If you are required to do so, have you stopped taking any acid reducing tablets two weeks before your test? Please refer to the section entitled “What about my medication?” for detailed information.
- If you are having sedation, have you arranged for an adult to take you home and look after you for 24 hours?
- If you are a diabetic treated with Insulin or tablets - have you got an early morning appointment? If not, please ring 0161 746 2741.
- If you are taking anticoagulants, such as Warfarin or Sinthrome, have you been in touch with your anticoagulant clinic to have your clotting level checked within 1 week of your appointment?

General Information

- Our aim is for you to be seen as quickly as possible. However, the unit is very busy and if emergencies occur these will naturally be given priority over less urgent cases, therefore your examination may be delayed.
- Do not bring valuables to the hospital. We cannot be responsible for loss or damage to personal property.
How to Get Here

The hospital is situated on Moorside Road in Davyhulme.

Parking is available at the front of the hospital and there are a few parking places at the front of the Endoscopy Unit. Parking is free of charge for the first three hours. Please note vehicles found illegally parked within the hospital grounds may be wheel clamped and subject to a release fee.

Several buses serve the hospital. For up to date information on these bus routes, contact Transport for Greater Manchester on 0871 200 2233 or visit www.tfgm.com

For more information, visit www.cmft.nhs.uk/trafford-hospitals.aspx and click on ‘Plan Your Visit’.

No Smoking Policy

The NHS has a responsibility for the nation’s health. Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds. You can contact the Trafford Stop Smoking Service on 0300 456 2400 or by e-mail at stopsmoking.trafford@nhs.net. For some great information go to: www.nhs.uk/livewell/smoking

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

These translations say “If you require an interpreter, or translation, please ask a member of our staff to arrange it for you.” The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.