

## △ GENERAL INFORMATION

*Gastroscopy* is looking down your stomach with a special instrument called a *gastroscope*. Gastroscopy is done for several reasons, including the following:

- Something was seen in your stomach on x-ray examination.
- Something is suspected of being in your stomach.

This is a very common procedure, and it has been explained to you why you need one. It is part of a follow-up to medical therapy or an operation.

## DIAGNOSIS

There are several ways to investigate the stomach. Only with gastroscopy, however, can the inside of the stomach be seen directly.

## PREOPERATIVE PREPARATION

- Do not eat or drink anything for 8 hours before the procedure.
- A needle will be placed in your vein and some fluids started.
- You will be given some medicine by vein that will make you feel drowsy, and your throat will feel dry.

## THE PROCEDURE

- The gastroscope is an instrument with lenses in it and a light at its tip. It is smooth, flexible, and almost as big around as your little finger.
- Your mouth and throat will be sprayed to make them numb.
- You will be positioned on a comfortable table.
- Next, you will be given medicine to continue keeping you drowsy during the procedure.
- The gastroscope will be introduced gently into your mouth and then into your throat and down your

esophagus, which also will be examined on the way down to the stomach.

- When in the stomach, the tip of the gastroscope can be turned in all directions and the wall of the stomach can be examined thoroughly.
- The gastroscope will be advanced through the exit of the stomach and into the duodenum for about 6 inches.
- If anything suspicious is seen, a tiny piece will be taken (a *biopsy*) for examination in the laboratory.
- When the examination is complete, the gastroscope is removed.
- The medicine that made you feel drowsy will be stopped, and you should become alert again quickly.
- The entire procedure takes around 30 minutes.
- Most patients remember very little of the procedure and think it took only a few minutes.
- When your blood pressure, pulse, and breathing are stable and you are completely alert, you should be able to go home with a responsible adult.
- Your attending physician will discuss the results of the gastroscopy with you.

## ⊕ HOME CARE

- Be certain that all the numbness in your mouth is gone (usually in 1–2 hours) before you start eating. Otherwise, food or fluid may go down the wrong way into your trachea.
- Resume your normal activities.

## ℓ CALL OUR OFFICE IF

- You develop pain in the chest or abdomen.
- You develop any unusual signs or symptoms.
- You develop a temperature higher than 100°F.
- You have any questions.