Gastroscopy

A camera test to look at your food pipe, stomach and duodenum

What is it?

A gastroscopy (upper endoscopy) uses a thin, flexible tube with a small camera on the end, passed through your mouth, to look at your food pipe (oesophagus), stomach and the first part of your small intestine (duodenum). Small tissue samples (biopsies) can be taken during the test.

Why is it done?

- To find the cause of heartburn, indigestion, upper tummy pain, nausea or difficulty swallowing
- To look for ulcers, inflammation or bleeding
- To take biopsies, including a test for Helicobacter pylori, a common stomach infection

Before your procedure

- Your stomach must be empty. Follow the fasting instructions you are given exactly.
- Tell your doctor about all your medicines, especially blood thinners and diabetes medicines.
- If you are having sedation, arrange for a responsible adult to take you home.

On the day

- Your throat may be numbed with a spray, and you may be given a sedative to help you relax.
- A small mouth guard protects your teeth while the tube is passed. It does not affect your breathing.
- The test usually takes 15 to 30 minutes.

Afterwards

- A mildly sore throat or some bloating is common and settles quickly.
- If your throat was numbed, wait until the numbness wears off (usually about an hour) before eating or drinking.
- If you had sedation, do not drive, drink alcohol, operate machinery or sign legal documents for 24 hours.

Get medical help straight away if

You have severe chest or tummy pain, difficulty swallowing or breathing, you vomit blood, you pass black or tarry stools, or you have a high temperature.

Questions about your procedure?

For more information about the specifics of your procedure, please call our reception on **083 323 8990** or email **reception@odt.com.na**.