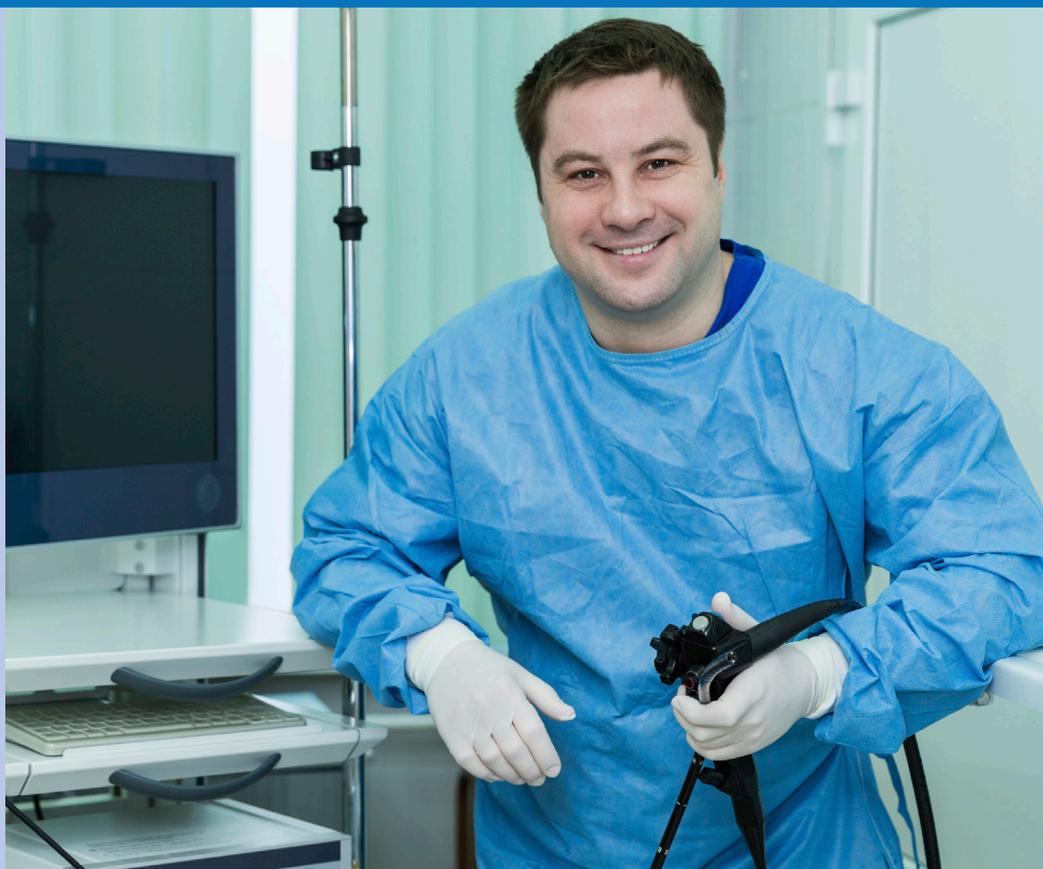
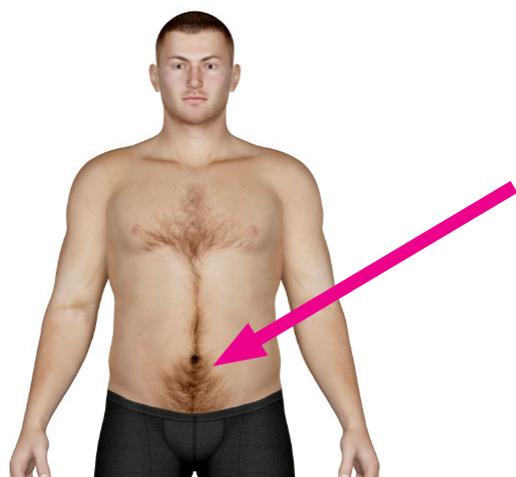




Gastroscopy



This factsheet will tell you what will happen if you need to go to hospital to have a Gastroscopy.



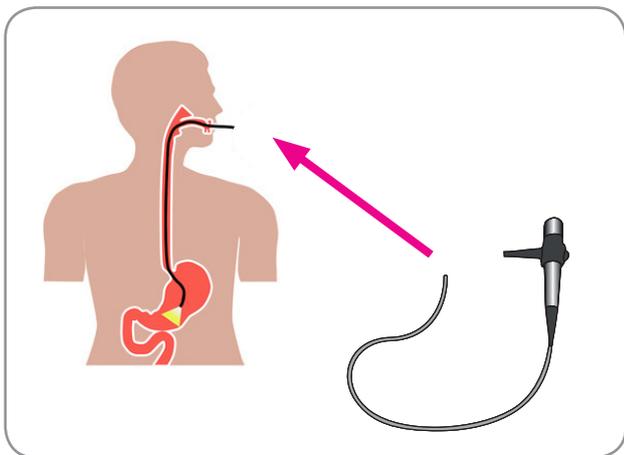
A gastroscopy is a test to check the inside of your tummy.

What is a Gastroscopy?

A gastroscope is a special camera on a long lead that looks inside your tummy.

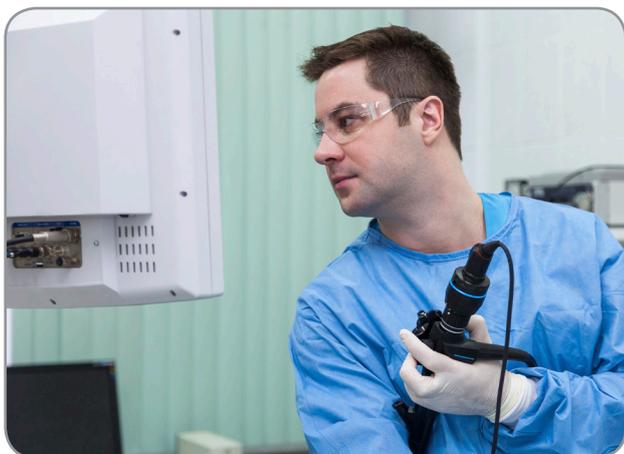


The gastroscope is about as thick as your little finger.



The gastroscope goes in your mouth and down to your tummy.
It films inside your tummy.

It is important that the doctor looks inside your tummy to check things are okay.



The film the camera takes inside your tummy is shown on the screen.

This leaflet explains what happens when you have a gastroscopy

The Learning Disability Liaison Team can help to plan your gastroscopy.



They can give extra support to people with a learning disability.



Contact the Learning Disability Liaison Team for support.
Phone 0191 565 6256 and ask for extension 47146.



They will talk about your gastroscopy with you and your carers. They will explain what will happen.



They will help plan your gastroscopy so that it goes well for you. They will understand if you feel a bit scared.



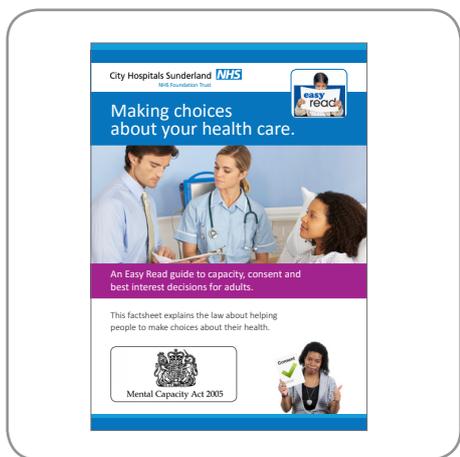
They will write a care plan to help everyone understand the best way to support you.

Getting ready to have a Gastroscopy.

Consent needs to be agreed before you have a gastroscopy.



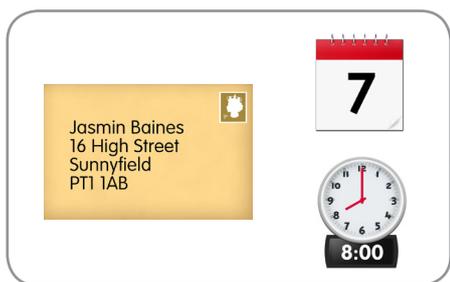
Giving consent is when you agree to have a gastroscopy.



We have designed a factsheet that explains consent. It is called 'Making choices about your health care'.

Go to:
www.sunderlandactionforhealth.org.uk
to download the factsheet.

The hospital will send you a letter about your gastroscopy.



The letter will tell you date and time of your gastroscopy.



It is important to read through this letter with your supporter to make sure you understand it.

Your gastroscopy will happen at Sunderland Royal Hospital.



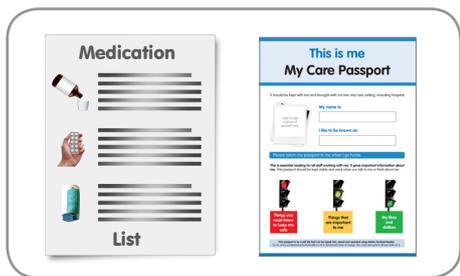
Address: Sunderland Royal Hospital
Kayll Rd, Sunderland SR4 7TP



You need to go to the Endoscopy Unit which is at Entrance 11 of the hospital



You can bring someone to support you when you come to hospital for your gastroscopy.



You need to bring your medication list. Also bring your Care Passport if you have one.



You should also bring the letter that the hospital sent you. This gives you directions to the Endoscopy Unit.

When you come to the Endoscopy Unit go to the Reception.

Give the receptionist your letter from the hospital.



You may have to wait for a while until the nurse is ready for you.



You can bring things with you to do while you are waiting. Only bring things you really need.



Do not bring anything valuable as there is nowhere to lock things away safely.



There is a TV screen in reception which tells you which staff are on duty and if there are any changes.

When it's your turn the nurse will take you to the Assessment Room.



The nurse will ask you some questions.



The nurse will put a wristband on you. If you have any allergies you will have a red wristband.

Some people will be given special medicine to make them feel a bit sleepy.



People are given this medicine through a needle that goes into their hand.

You can choose whether to have this special medicine or not.



The Learning Disability Liaison Team can help you to think about whether you need to have the medicine.

You will be taken to the Procedure Room.

This is where your gastroscopy will happen.



You will be given a spray inside your mouth. The spray makes your throat feel numb. It is banana flavoured.



You will then need to lie on the bed. You lie on your side.



If you are having the special medicine a clip will be put on your finger to check your heart rate.



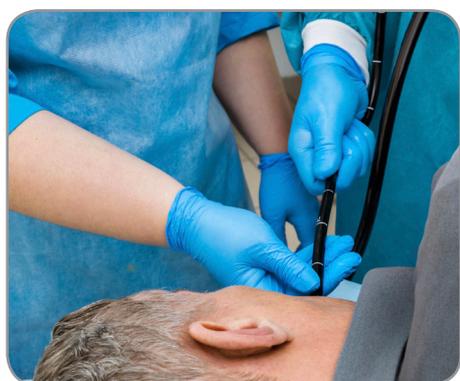
If you are having the special medicine this will now be put into your hand by a needle.

A special mouthguard will be put into your mouth.

This will feel a little strange, but it will not hurt



You are now ready to have your gastroscopy.

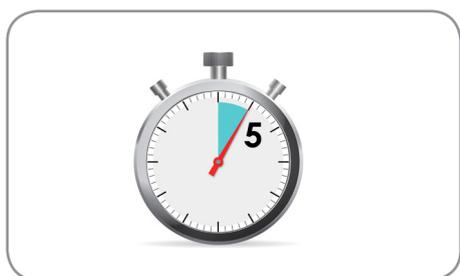


The long tube goes into your mouth and down into your tummy.



A nurse will sit very close behind you to hold the mouthguard.

The nurse may need to use a tube to suck up saliva from your mouth. This can be noisy.

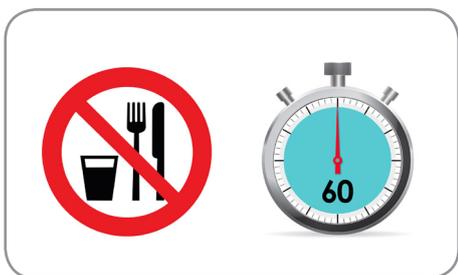


It will take about 5 minutes to do your gastroscopy.

After your gastroscopy you will go back to the Assessment Room.



Your blood pressure is checked before you go home.



You will not be able to eat or drink for an hour after your gastroscopy.



Your throat might feel numb for a little while after your gastroscopy. Once the effects of the spray wear off you will be able to swallow easily again.



If you are well enough you will be able to go home 30 to 40 minutes after your gastroscopy. If you didn't have the special medicine you may go home sooner.

The results of your gastroscopy will be sent to the consultant (doctor) who referred you.



If you had the medicine to make you feel sleepy you may need extra help.



The medicine can make you feel drowsy for a while.



The nurse will take the needle out of your hand.

It is very important that you have a support worker, friend or family with you for at least 24hrs after you had the special medicine.



They will check that you are okay. We will give them a leaflet that tells them how to care for you.



It's important that for 24 hours you do not do things like:

- drink alcohol
- drive or climb ladders
- use dangerous machines

It's also best not to make any big decisions for 24 hours.

Useful websites.

City Hospitals Sunderland NHS Foundation Trust website.



www.chsft.nhs.uk

Sunderland Action for Health Easy Read website.



www.sunderlandactionforhealth.co.uk

Please do contact us if you need any further advice.

Endoscopy Unit

Phone: 0191 565 6256 extension 41456 or 41461



Credits

This factsheet was developed by the Learning Disability Liaison Service and The Endoscopy Unit at City Hospitals Sunderland, and funded by the Sunderland Clinical Commissioning Group.

Designed by The Clear Communication People Ltd.using Photosymbols and other stock photography.


Sunderland
Clinical Commissioning Group

With thanks to City Hospitals Sunderland NHS Foundation Trust.

City Hospitals Sunderland 
NHS Foundation Trust

About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

This factsheet can be downloaded free of charge from: www.sunderlandactionforhealth.co.uk