



PATIENT INFORMATION: GASTROSCOPY/PANENDOSCOPY

INDICATIONS?

Gastroscopy/Panendoscopy may be recommended by your doctor for clinical indications such as ulcer disease, achalasia, Barrett's oesophagus, Coeliac disease, Gastro-oesophageal reflux disease (GORD), Helicobacter pylori infection, dyspepsia, oesophageal or stomach cancer.

PREPARATION FOR YOUR GASTROSCOPY/PANENDOSCOPY

For a Gastroscopy/Panendoscopy:

- you **DO NOT** need to take a bowel preparation
- you **DO NEED TO FAST**.

MORNING PROCEDURE (a morning procedure is **at or before** 12 midday / 12pm)

- ✓ **Fast from 12 midnight/12am. Do not eat or drink anything after 12 midnight.**
- ✓ Do not take your morning medication/s but bring them with you, unless you have been told otherwise by the prescribing doctor.

AFTERNOON PROCEDURE (an afternoon procedure is **after** 12 midday / 12pm)

- ✓ **Have a light breakfast** e.g. 1 slice of toast and glass of juice, **then fast**.
- ✓ **Fast for 6 hours: Do not eat or drink anything for at least 6 hours before your appointment time.**
- ✓ Take your morning medication with your light breakfast, unless you have been told otherwise by the prescribing doctor.

POSSIBLE COMPLICATIONS?

Gastroscopy/Panendoscopy is considered a safe, low risk procedure but temporary discomfort or bloating may occur following the procedure as a result of air remaining in the stomach or small bowel. Rarely, serious complications may occur and may include perforation, haemorrhage, infection or cardiac or respiratory arrest related to sedation or anaesthesia.

If you wish to discuss the potential risks or any issues regarding your procedure(s) in more detail, please speak with your gastroenterologist.