



Fact Sheet - Gastroscopy



What preparation is required?

For the best (and safest) examination, the stomach must be completely empty. You should have nothing to eat or drink, including water, for five (5) hours before the examination. Your doctor will be more specific about the time to begin fasting, depending on the time of day that your test is scheduled.

Possible medication adjustments: Before the test, be sure to discuss with the doctor whether you should adjust any of your usual medications before the procedure, any drug allergies you may have, and whether you have any major conditions such as a heart or lung condition, that might require special attention during the procedure.

What happens during the Gastroscopy?

Your doctor will review with you why a gastroscopy is being performed; discuss the availability of alternative and possible complications from the procedure.

Practices may vary among doctors but you will have your throat sprayed with a local anaesthetic before the test begins and will be given medication through a vein to help you relax during the test. While you are in a comfortable position on your left side, the endoscope is passed through your mouth and then in turn through the oesophagus, stomach and duodenum. The endoscope does not interfere with your breathing during the test. Most patients consider the test to be only slightly uncomfortable. Many patients fall asleep during the procedure.

What happens afterwards?

After the test, you will be monitored in a recovery area until most of the effects of the medication have worn off. Your throat may be a little sore for a while, and you may feel bloated right after the procedure because of the air introduced into your stomach during the procedure. You will be able to resume your diet two (2) hours after the procedure. Start with a cool drink. In most circumstances, your doctor can inform you of your test results on the day of the procedure, however, the results of any biopsies may only be available after several days.

LOCATIONS FOR CONSULTATION

- Berwick
GI Health
7 Gloucester Av
Berwick 3806
- Mulgrave
Suite 2
529 Police Rd
Mulgrave 3170
- Hampton Park
Southern Cross Medical Centre
Cnr Stuart Ave & Fordholm Rd
Hampton Park 3976

LOCATIONS FOR ENDOSCOPY

- St John of God Hospital
Gibb St
Berwick 3806
- The Valley Private Hospital
Cnr Police & Gladstone Rds
Mulgrave 3170