

## Maag Darm Leverziekten (MDL)

# Gastroscoopie Engels

## Gastroscopy/Endoscopic examination of the stomach

### Introduction

You have an appointment for a gastroscopy (endoscopic examination of the stomach). Your doctor has already told you how this examination works. You can read over everything here in your own time.

### What is a gastroscopy?

A gastroscopy is an examination of the inside of your oesophagus, stomach and duodenum. The examination is carried out with a gastroscope. This is a controllable, flexible tube. The gastroscope is inserted carefully into the oesophagus, stomach and duodenum via the mouth, over the tongue. This enables us to have a good look at the mucous membrane.

### Preparation

#### Fasted state

You must be in the fasted state for this examination. This means that you cannot eat, drink or smoke after midnight.

If the examination takes place in the afternoon, you can have a light breakfast before 8.00 a.m., such as a cup of tea with a rusk. After 8 a.m., you must be in the fasted state.

#### Blood-thinning medication

It is not necessary to stop taking blood-thinning medication, unless otherwise agreed. However, if you use vitamin K antagonists (e.g. Acenocoumarol, Phenprocoumon or Marcoumar), blood must be taken on the day of the examination in order to determine the INR (coagulation time of the blood).

#### Diabetes

If you take medication for your diabetes (tablets or injections), contact your diabetes nurse. He or she will then discuss with you how you should use the medication. If you take medication for your diabetes (tablets or injections), contact your diabetes nurse. He or she will then discuss with you how you should use the medication. If you take tablets, on the day of the examination, you may not take any until after it has been performed. You may resume taking tablets again after the examination

## **Pacemaker or ICD**

Do you have a pacemaker or ICD (Implantable Cardioverter Defibrillator)? If so, an appointment will be arranged with the pacemaker technician. He or she will set your pacemaker or ICD so that the examination can take place safely.

## **The examination**

On the day of the examination, report to the department where the examination will take place at the agreed time. Make sure you know whether your appointment is at the Venlo or Venray location.

The examination will take place in the endoscopy room.

### **Just before the examination**

A number of things need to happen before the examination can begin.

- If you wear dentures, we will ask you to remove these before the examination.
- If you have a tongue piercing, you will need to remove this before the examination.
- You may be given a drink to prevent foam from forming in your stomach.
- Your throat will be numbed by local anaesthetic in spray form.

The doctor will then ask several control questions, after which the examination can begin.

### **The examination**

You will lie on your left-hand side on the examining table. A protective ring will be put between your teeth to protect your teeth and the gastroscope.

The doctor will insert the gastroscope into the oesophagus, stomach and duodenum via your mouth. When the gastroscope is inserted, you may experience a gagging sensation. Inserting the gastroscope is a very quick process.

During the examination, you can continue breathing as normal.

### **CO<sub>2</sub>gas**

During the examination, CO<sub>2</sub>gas is supplied via the gastroscope in order to make the oesophagus, stomach and a small part of the small intestine more easily visible. You may get a full sensation and need to burp.

### **Microscopic examination**

If the doctor deems it necessary, he or she may remove small pieces of mucous membrane from the stomach, oesophagus or small intestine for microscopic examination. This is not painful.

### **Duration of the examination**

The entire examination will take between 10 to 15 minutes.

### **After the examination**

If your throat has had a local anaesthetic with a spray, you will not be allowed to eat or drink for half an hour after the examination. This is to prevent you from choking. In other cases, you can eat and drink again as normal after the examination.

After the examination, you can start taking your prescribed medication again, unless otherwise agreed.

## The results

You will receive the results of the examination from your doctor (or general practitioner) who requested the examination.

## Complications

A gastroscopy is a safe examination. Despite all care, complications may arise in rare cases.

### Bleeding

This is usually post-procedure bleeding. This happens mainly to people who take blood-thinning medication or painkillers.

### Perforation

A serious complication is a perforation in the wall of the oesophagus, stomach or duodenum.

### Aspiration

Another rare complication is a respiratory infection or pneumonia. This may arise if you choke and stomach contents end up in your airways.

## What should you do in the event of problems at home?

(Venlo and Venray)

Contact the Endoscopy Centre if you suffer from any of the following:

- Blood loss
- Pitch-black faeces
- Prolonged or worsening stomach pain
- Fever
- Tightness of the chest

During office hours ☎ +31(0)77 320 51 32

Out-of-office hours ☎ +31(0)77 320 58 10 (A&E Department)

## You are expected

.....day.....

at a.m./p.m.

- Venlo location**  
Endoscopy Centre, route number 83
- Venray location**  
Endoscopy Department, route number 23

***Don't forget to bring your hospital pass and a valid form of ID to the hospital with you.***

## Questions

If, after reading this leaflet, you have any questions, do not hesitate to pose them to the endoscopy nurse before the examination begins. In the event of any urgent questions, you can also contact:

## Endoscopy examination

**Venlo location** Endoscopy Centre ☎+31(0)77 320 5132  
**Venray location** Endoscopy bedroom ☎+31(0)478 52 2222  
signal 793-411

## VieCuri Medisch Centrum

### Locatie Venlo

Tegelseweg 210  
5912 BL Venlo  
☎(077) 320 55 55

### Locatie Venray

Merseloseweg 130  
5801 CE Venray  
☎ (0478) 52 22 22

Meer informatie [www.viecuri.nl](http://www.viecuri.nl)

Bekijk uw medische gegevens op [www.mijnviecuri.nl](http://www.mijnviecuri.nl)