

Maag Darm Leverziekten (MDL)

Gastroscoopie met sedatie Engels

Gastroscopy with sedation

Introduction

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

Gastroscopy

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, which 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.

Initial discussion

Before the gastroscopy takes place, you will have an initial discussion with a nurse.

Why have an initial discussion?

It is important to prepare you, as a patient, as thoroughly and safely as possible for the gastroscopy. The initial discussion reduces the likelihood of problems before, during and after the examination as much as possible. After the initial discussion, the gastroscopy will be scheduled.

What to take to the initial discussion

- Your hospital pass and a valid form of ID
- An Acute Medication Overview (AMO) You can request this from your pharmacy.

Blood-thinning medication

During the initial discussion, the nurse will tell you when you need to stop taking blood-thinning medication. He or she will discuss this with the Thrombosis Centre, the NOAC consultant or the treating doctor. After the gastroscopy, the Thrombosis Centre or NOAC consultant will determine the further approach with you.

Diabetes

If you use insulin injections for your diabetes, contact your diabetes nurse. He or she will then discuss with you how you should use the medication. If you take tablets, the nurse carrying out the initial discussion will advise you.

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.

A few practical things

- Arrange for someone to accompany you and transport you home in advance, because you cannot be discharged on your own on the day of the examination due to the after-effects of the medication. You cannot drive a car, cycle or travel on public transport or in a taxi on your own. You must be collected from the Endoscopy Centre by your personal companion.
- In order to ensure your privacy, only patients and nurses are present at the Endoscopy Centre. For that reason, your companion cannot be with you before, during and after the examination. The nurse will inform your companion when you can go home.
- We advise you to leave large sums of money, jewellery and other valuables at home. Unfortunately, there is a risk of items being lost or stolen. In most cases, the hospital is not liable for this.
- Because oxygen levels and heart rate are monitored via a small device clipped to your finger, you must remove any nail polish and artificial or gel nails from at least one finger on your left hand prior to the examination.
- It is advisable to shower a number of hours before the procedure. Do not use any moisturiser or body lotion afterwards.
- If you suffer from sleep apnoea and use a mask for this, bring this mask with you to the examination.

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 a.m., such as a cup of tea with a rusk, unless otherwise agreed.

After 8 a.m., you must be in the fasted state. This means that you cannot eat, drink or smoke.

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 (see back of leaflet).

Before the examination

- In the department, you can take a place in a bed.
- An IV needle will be inserted into your forearm or hand.
- You will be connected to a datascop to monitor your blood pressure, heart rate and oxygen level. For this, a cuff will be attached to your arm and a monitor will be clipped to your finger.
- You will be taken to the endoscopy room.

Preparation in the endoscopy room

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 you several control questions. You will then lie on your left-hand side. A protective ring will be put between your teeth to protect your teeth and the gastroscope. The doctor will administer the agreed sedation.

The examination

The doctor will insert the gastroscope into your stomach via your mouth. When the gastroscope is inserted, you may experience a gagging sensation. The gastroscope insertion is a very quick process. During the examination, you can continue breathing as normal.

CO₂ gas

During the examination, CO₂ gas is supplied via the endoscope 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

After the examination you will be taken back to the department. Here, you can take time to recover from the sedation. You will stay here for approximately 1 to 1.5 hours. Your blood pressure will be taken every 10 minutes. We will also continually monitor your heart rate and oxygen level.

Returning home

As long as no exceptional circumstances occur and you are fully awake, you may have something to drink. The IV needle will be removed, and the datascop will be disconnected.

The nurse will take you to your personal companion, and you can then return home. 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.

Breathing

The medications used have an inhibitory effect on your breathing and can cause complications for people with heart and/or lung diseases and with certain neurological disorders.

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**
Gastroenterology Department (4th floor), route number 90

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 51 32
Venray location	Endoscopy bedroom	+31(0)478 52 22 22 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

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