

# Upper Gastrointestinal (GI) Endoscopy / OGD

## Information leaflet for parents and carers

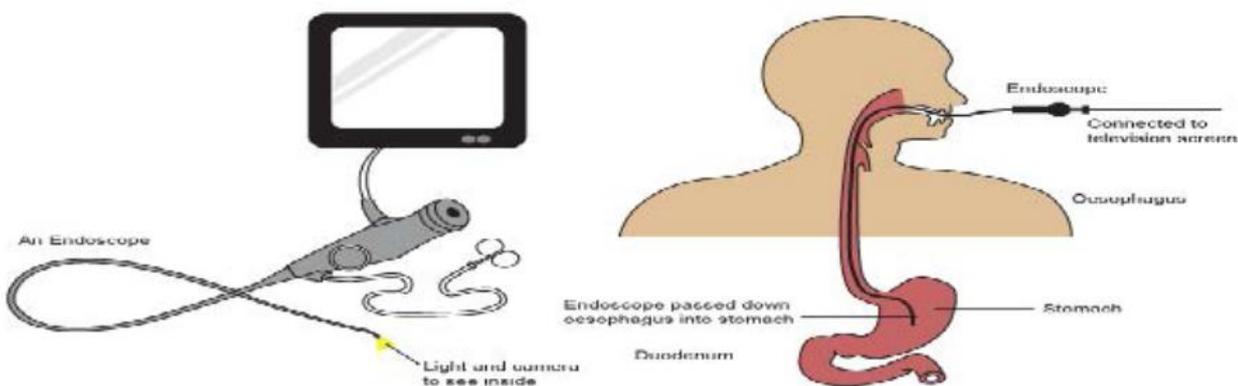
Department of Paediatric Gastroenterology & Nutrition

This leaflet provides guidance about your child's upper GI endoscopy (also known as Oesophago-Gastro-Duodenoscopy or OGD) and what you can expect when you come to hospital. This test is sometimes also referred to as a gastroscopy.

If you have any further questions, please speak to a doctor or nurse caring for your child.

### What is an OGD?

It is a camera test during which a paediatric gastroenterologist visualises your child's upper gastrointestinal tract or digestive system.



### Why should my child have an OGD?

An OGD may help to identify the cause of your child's tummy problems and reach a diagnosis.

### What are the risks?

An OGD is considered to be a safe "low-risk" procedure. However, as with all medical investigations there is a small risk of complications. These include:

- Sore throat.
- Abdominal bloating.
- Feeling sick for up to 24 hours after the anaesthetic.
- Vomiting with or without a small amount of blood, up to 72 hours after the procedure.
- When a biopsy is taken there may be bleeding on rare occasions.
- Perforation, which is a tear in the wall of the upper intestine. This is very rare (approximately 1 in 1000) and if suspected, our onsite paediatric surgeons would be called to assess and manage this.

## Are there any alternatives?

No. If you choose for your child to not have an OGD, your doctor may not be able to reach a diagnosis. It may also possibly delay diagnosis and treatment.

## How can I prepare for an OGD?

A clear view of the stomach is required for this examination to be successful and so it must be as empty as possible. It is vitally important to follow the advice: 'Fasting Instruction, Paediatric AM' and 'Fasting Instruction, Paediatric PM'. This can be found by copying and pasting the link below into your web browser. <https://www.stgeorges.nhs.uk/ward/jungle-ward/>.

If your child is taking regular oral medication this **MUST** be taken at least two hours before the test. If you have any questions relating to your child's medications please contact the gastroenterology clinical nurse specialist (CNS) in advance of the endoscopy admission date (see further information at the end of this leaflet).

## What happens on the day of the OGD?

Please arrive at Jungle ward at your instructed time (depending upon if your child's endoscopy is booked for a morning or afternoon theatre list). Jungle ward is located on the **first floor in Lanesborough Wing**. A nurse will check your child's details, including medications and allergies. The anaesthetist will talk to you regarding your child's general anaesthetic and answer any questions you might have.

## Asking for your consent

The doctor carrying out the endoscopy will explain the procedure again and a parent will be asked to sign a consent form. It is important that you feel involved in decisions about your child's care. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy.

## What happens during the OGD?

Under a general anaesthetic, a thin flexible tube with a small camera and light is passed into the mouth and then into the oesophagus, stomach and the first part of the small bowel. Biopsies (tiny samples of gut lining) will usually be taken which will be then examined under a microscope by the histopathologist. The procedure takes between 15 to 30 minutes.

## Will my child feel any pain?

The procedure is painless for your child.

## What happens after the OGD?

Following the procedure your child will be taken to the recovery area where s/he will be monitored. Once your child has recovered, he or she will be able to get dressed and have refreshments. The doctor who performed the procedure will inform you of the endoscopy findings and give a plan to you and the nurse looking after your child. The hospital discharge paperwork will be sent to you, your GP and your child's referring doctor (if applicable). Your child's nurse will also give you some important discharge advice. In the majority of cases your child will be safely discharged from hospital and can go home the same day. Please allow four to six hours in the hospital for the whole process (admission to discharge) to be completed.

## What do I need to do after I go home?

A responsible adult will need to observe your child at home for at least 12 hours.

## Will my child have a follow-up appointment?

Please note the biopsy results will usually be available within two to three weeks. You will be contacted by your child's paediatric gastroenterologist with the results (this may be through means of a telephone consultation/outpatient clinic appointment/letter sent to your address).

## Contact us

For further administrative queries please contact paediatric admissions: **020 8725 0275**.

For clinical queries, please contact the paediatric gastroenterology clinical nurse specialist (CNS): **020 8725 5050**.

Jungle ward can be contacted on: **020 8725 2034/5**.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111



Reference: PAM\_OGD\_01 Published: September 2019 Review date: September 2021