

Upper Gastrointestinal (GI) Endoscopy / OGD

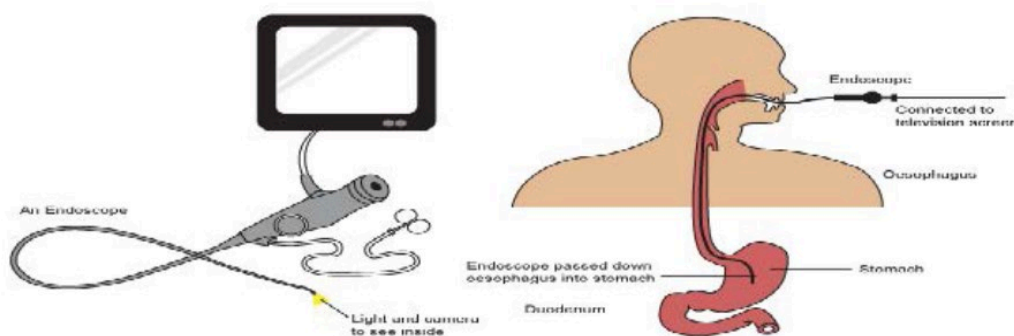
Department of Paediatric Gastroenterology & Nutrition Information leaflet for parents and carers

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?

An OGD is a camera test which allows a paediatric gastroenterologist to directly view your child's upper gastrointestinal tract or digestive system. Biopsies (tiny tissue samples from the lining of the gut) are usually taken during the procedure.



Why should my child have an OGD?

An OGD may help to identify the cause of your child's gut problems, exclude other problems and reach a diagnosis.

What are the risks?

An OGD is considered as a safe, "low-risk" procedure. Your child may experience side-effects which include:

- Sore throat.
- Abdominal bloating.
- Feeling sick for up to 24 hours after the anaesthetic.
- Vomit with or without a small amount of blood, for up to 72 hours after the procedure.

Complications can include:

- 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 3 in 10,000) and if suspected, our onsite paediatric surgeons would be called to assess and manage the injury.

Are there any alternatives?

It depends. 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. Please discuss this further with your doctor.

How can I prepare my child 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. Your child is not allowed any food or formula milk for six hours before the procedure and no breast milk for four hours before the procedure. S/he is allowed water up to one hour before the procedure.

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 may have. Trained hospital play specialists are available on Jungle ward to help prepare your child for their endoscopy.

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 then be 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 and is performed whilst your child is asleep under general anaesthesia.

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 you and the nurse looking after your child a plan. 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 most cases you 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?

Your child will need to be observed at home for at least 12 hours by a responsible adult.

Will my child have a follow-up appointment?

Please note, the biopsy results will usually be available within four 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) but please allow up to six weeks for this.

Contact us

For further administrative queries please contact paediatric admissions: **020 8725 3648/2012**.

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

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

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

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

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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