Gastroscopy/OGD

This leaflet explains more about your gastroscopy/OGD and how to prepare for this procedure including when to stop eating and what medications you may need to stop. It also covers what you can expect when you come to hospital. It is important to read the enclosed Consent Form to ensure that you are fully prepared for the procedure.

Gastroscopies are booked at one of our three endoscopy sites: The Endoscopy Unit at St George's Hospital, the Day Case Unit at Queen Mary's Hospital, Roehampton or the Nelson Health Centre. Please refer to your appointment letter / text for the location of your procedure.

Important information about your procedure

- St George's is a University Hospital and a National Training Centre for endoscopy, providing specialist training for qualified doctors and nurses developing skills in endoscopy. As part of this training, supervised specialist trainees may be involved in your care. If you would prefer trainees not to be present, please inform the doctor or nurse when you are admitted.
- This procedure is usually well tolerated without sedation, however if you are planning to have sedation, arrange for a friend or relative (18+) to escort you home after your appointment and be with you for at least 12 hours. We kindly ask escorts not to wait in the Endoscopy Unit due to limited space, but we will call when the procedure is completed.
- **STOP EATING SIX HOURS** before your appointment, clear fluids are allowed (**no milk**).
- **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment.
- **IMPORTANT**: If you are taking **GLP-1 and/or GLP-3 and/or GIP blocker medication** e.g. Mounjaro, Wegovy, Ozempic, you will need to **STOP EATING** solid foods for **24 HOURS** before your appointment, and drink clear fluids only. **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment. Please follow the instructions on page 2 and 3 to ensure your stomach is empty.
- Please read the accompanying Consent form before your appointment.
- We recommend you bring a book or magazine with you to read whilst you are waiting as the mobile phone signal is weak.

Important information about medication

- If you are taking medications for **diabetes** or to **prevent blood clots** such as Warfarin, Apixaban, Edoxaban, Rivaroxaban, Dabigatran, Clopidogrel, Ticagrelor or Prasugrel, please follow the instructions provided by the nurse. If you have not been contacted, please **contact us** on the numbers on page 5.
- If you are taking medications for your stomach e.g. Omeprazole (Losec), Lansoprazole (Zoton), Pantoprazole (Protium), Esomeprazole (Nexium) or Famotidine, you may continue taking it, unless advised to stop by your referring doctor.
- If you take **GLP-1 medication and/or GLP-3 and/or GIP blocker medication** e.g. Mounjaro, **please inform us.**
- Take other medications as normal.
- Please bring a list of your regular medications and bring any inhalers or sprays with you.

What is gastroscopy?

Gastroscopy, also referred to as an OGD (Oesophago-Gastro-Duodenoscopy) is a camera examination via the mouth to the inside of the stomach. This can help to find the cause of your abdominal symptoms and to diagnose and sometimes treat diseases of the upper intestine. The procedure takes 5 to 10 minutes but please allow up to four hours in the hospital for the whole process to be completed. You may be asked to drink a 50ml solution of Infacol mixed with water before the procedure to help reduce the bubbles in your stomach and to give the endoscopist a clear view during the procedure.

A local anaesthetic spray will be used to numb the back of your throat and reduce your gag reflex; this has a slightly bitter taste. The effect will wear off in 30 minutes. The gastroscope is gently inserted via your mouth into your stomach. This is not painful and will not affect your breathing but may be uncomfortable. The nurse may need to clear saliva from your mouth using a small suction tube. If you gag you won't vomit as your stomach will be empty. The air pumped into your stomach can make you feel bloated, this will be removed at the end of the procedure. Sometimes a small tissue sample (a biopsy) will be taken, this is painless, rarely some patients may feel a tugging sensation.

The procedure is usually done without sedation as it is a brief and well tolerated by many, but sedation or Entonox (also known as 'gas and air' or 'laughing gas') can be given on request.
If you request sedation you will need to have an escort home and a responsible adult with you for at least 12 hours following the procedure. Alternatively, Entonox may be offered immediately prior to the start of the procedure, through inhalation of the gas through a mouthpiece, to reduce anxiety and help the scope pass more easily into the oesophagus (food pipe). If you have Entonox, you can leave unaccompanied 30 minutes after the procedure. Please note that Entonox is not suitable for all patients including those taking Methotrexate or with certain lung conditions or who have had certain eye/ear procedures. For more information about Entonox, go to:
https://www.stgeorges.nhs.uk/patients-and-visitors/patient-information-public/

For further information about the procedure, risks and alternatives please read the enclosed consent form.

Asking for your consent and signing the consent form

It is important that you feel involved in decisions about your care. Please take the time to read the Consent Form before your appointment. You will be provided with a full copy of the Consent Form on arrival for your appointment and if you feel happy that you understand what is involved and agree to have the procedure, please sign the Consent Form. You will have the opportunity to ask any questions before the procedure. You can withdraw your consent at any time, even if you have said 'yes' previously.

Advice for patients taking GLP-1, GLP-3 and/or GIP blocker medications e.g. Mounjaro, Wegovy, Ozempic medications

If you are taking medication such as Semaglutides (e.g. Wegovy, Ozempic, Rybelsus), Tirzepatide

(Mounjaro) or Liraglutides, to manage diabetes, cardiovascular disease or weight loss, food moves more slowly through your gut, and you therefore need to follow an extended fasting period to ensure your stomach is empty of food.

DO NOT EAT FOOD FOR 24 HOURS BEFORE YOUR APPOINTMENT. During this time, you should **DRINK CLEAR FLUIDS ONLY,** examples are listed below. Stop drinking two hours before your appointment time. Refer to the list of suggested clear fluids below.

Clear fluids include:

Water, fizzy drinks, Lucozade, squash (not red or black current), clear soups, Bovril or broth, black tea and coffee (no milk) and jelly (green and yellow only).

Advice for diabetic patients

The period of starvation can upset your diabetes temporarily. A nurse will contact you with advice on how to manage your diabetes whilst you are fasting. If you have not been contacted, please contact us on the telephone numbers on page 5 of this leaflet under **Contact us**. Alternatively, you may wish to speak to your diabetic nurse for advice. Please bring your medication and a snack to eat after the procedure.

On arrival at the endoscopy unit

- A nurse will check your details, including health history, medications and allergies.
- You will have the opportunity to ask any final questions with the endoscopist before the procedure. If you have not yet signed the form, the procedure will be explained, and you will be asked to sign a Consent Form.
- You may be asked to drink a 50ml solution of Infacol mixed with water before the procedure to help reduce the bubbles in your stomach and to give the endoscopist a clear view during the procedure.
- If you are having sedation, an intravenous cannula will be inserted and secured before the start of the procedure.

What happens after gastroscopy?

Most patients can go home immediately after the procedure, however if you have had Entonox or sedation, you will be taken to the recovery area where you will be monitored for 30 to 45 minutes. A nurse will give you a copy of the gastroscopy/OGD report as well as a discharge information leaflet with important advice. A normal diet can be resumed 30 minutes after the procedure is complete.

If you have had sedation, you will not be allowed to drive and must arrange for someone to accompany you home. The medication given will prohibit you from driving for 24 hours after the examination. Please do not plan to take public transport home unless accompanied. If you are unable to arrange transportation, we can arrange a taxi, however you are responsible for the fare. You will need a responsible adult at home for at least 12 hours. If you have had no sedation or Entonox, you can leave unaccompanied.

Will I get the results / Will I have a follow-up appointment?

We will give you a copy of the gastroscopy/OGD report and discuss the findings with you before you are discharged. We will be able to tell you of any visual findings, however any tissue samples will be sent to the laboratory for testing. This can take up to six weeks. A copy of the report and any histology results will be sent to your referring doctor and your GP. If required, a follow up appointment will be requested and will be sent to you by post/text/or by phone.

Is there anything I need to watch out for after the procedure?

Minor side effects: It is normal to experience a mild sore throat for up to 48 hours following the procedure, simple lozenges will help. You may also feel bloated or have mild abdominal (tummy) discomfort. This is normal and should settle within 24 hours.

When to seek urgent medical attention:
In the 24 hours following your procedure, if you develop any of the symptoms listed below, please seek medical advice **immediately** by EITHER contacting the St George's Endoscopy Unit, Monday to Friday between 9am and 5pm on 0208 725 1491/2310, OR outside of working hours by attending your nearest Emergency Department. Please ensure you **take a copy of your endoscopy report with you.** Additional information will be provided about procedural aftercare on the day of your appointment.

IMPORTANT: These telephone lines are for emergencies only and the staff will not be able to assist you with queries about your procedure, results or appointments.

The symptoms to look out for include:

- Fever (>38°C) / Chills / Rigors
- Severe or worsening abdominal, neck or chest pain
- Persistent nausea or vomiting
- Vomiting blood or ‘coffee ground’ material
- Black, sticky tar-like poo
- Difficulty breathing / Shortness of breath
- Fainting / Collapse

When can I get back to my normal routine?

You should be able to return to work and all your usual activities the same day, unless you had sedation, when it will be the following day. Please be advised you cannot drive, sign legal documents, or drink alcohol for 24 hours following sedation.

Where do I go?

Please see your appointment letter for the location of your appointment and the address below:

- **St George’s Hospital**, Blackshaw Road, London, SW17 0QT.
  Please go to the Endoscopy Unit, First floor, St James’ Wing (scan the QR code at the end of this leaflet for a map).

- **Queen Mary's Hospital**, Roehampton Lane, London, SW15 5PN.
  Please present at the main reception and you will be directed to the Day Case Unit.

- **Nelson Health Centre,** Kingston Road, London, SW20 8DA.
  Please present at main reception and you will be directed to the Endoscopy unit.

Parking at the hospital

For St George's Hospital there is a car park with the entrance located on Blackshaw Road. Queen Mary's Hospital and the Nelson Hospital each have a car park on site. Please ensure you check the rates before parking.

Contact us

If you have any questions or concerns about your procedure, please contact us.

- **For appointments at St George's Hospital or the Nelson Health Centre call:**
  The Endoscopy Unit on 020 8725 1913 Monday to Friday 8.30am to 3pm.

- **For appointments at Queen Mary's Hospital call:**
  The Day Case Unit on 020 8487 6466 Monday to Friday 9am to 5pm.

We are sorry that you may experience a delay when contacting us by telephone. Our team manages more than 300 patient bookings each week and our phone lines can be extremely busy. At peak times, you may wait up to 40 minutes for your call to be answered.

Useful sources of information

For further explanation about gastroscopy Go to: www.nhs.uk/conditions/gastroscopy

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.

Scan here for a map on how to find the Endoscopy Unit at St George's Hospital.

Scan here for a digital copy of this leaflet.

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