

Hand washing

The single most important way of reducing infection is by hand washing. Bacteria and viruses, which cause infections, can be carried by hands and passed person to person or from things to people.

Please clean your hands regularly. It is especially important:-

- After using the toilet or bathroom
- Before eating (both snacks and meals)
- Between entering and leaving any ward or department

You may use soap and water, or if your hands are visibly clean you may use alcohol gel instead. You will find alcohol gel throughout the Hampshire Clinic. Patients should feel they can ask a nurse or doctor if they have cleaned their hands before an examination.

Advice

- If you are unwell, coughing or sneezing, cold or flu like symptoms, please cancel your admission.
- If you have diarrhoea or vomiting three days before admission, please contact the nursing staff.
- Do not walk about in bare feet, wear slippers or shoes.
- Use disposable flannels.
- Use liquid soap.
- Dressings on wounds and drip sites are designed to keep them clean and dry, do not touch them.

Please contact your insurance company with the dates, the expected length of your stay, details of your operation including the specific codes related to this as advised by the secretary. You are advised at all times to contact your insurance company prior to any admission, treatment, investigation or consultation to gain pre-authorisation. Your care and treatment with Basingstoke Colorectal is private and it is the responsibility of the patient to ensure insurance cover is authorised. If you require any assistance with this please contact us.

You will typically receive an appointment card on discharge or in the post for a routine follow up appointment with the consultant for approximately ten days following your procedure.

If you have any queries, please do not hesitate to contact us on the details provided.

ALL CORRESPONDENCE AND APPOINTMENTS

The Hampshire Clinic Basing Road Basingstoke Hampshire RG24 7AL
T: 01256 354747 F: 01256 818005
E: info@basingstokecolorectal.co.uk W: www.basingstokecolorectal.co.uk

GASTROSCOPY (OGD)

Patient Information Leaflet



GASTROSCOPY (OGD)

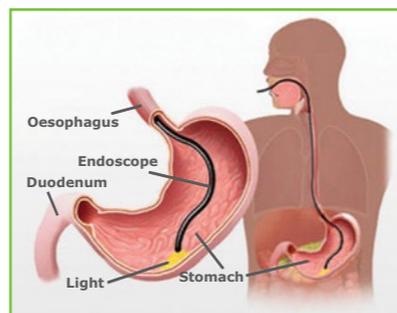
You have been advised by your consultant to have a gastroscopy. The following information will help you make an informed decision in agreeing to the examination. It is important you read the information fully.

The investigation is called a gastroscopy (OGD). This is an examination of your upper digestive system to help your consultant find the possible cause for your symptoms. There are many reasons for performing a gastroscopy, these include:-

- Upper abdominal pain
- Nausea, indigestion, vomiting and weight loss
- Swallowing difficulties
- Anaemia
- Assessing any abnormalities found on x-ray

The test may be used to guide further treatment. The gastroscope is a flexible tube about the thickness of your little finger, which is passed into your mouth, into the oesophagus (gullet) and into the stomach and duodenum. A bright light at the end of the endoscope allows the consultant to see the lining of the upper digestive track. The images are transferred onto a screen for the consultant to see. To allow clear views, please do not eat or drink for four hours prior to your admission.

Following your consultation, the secretary will organise a date for you to be admitted as a day case to the Hampshire Clinic for your gastroscopy. You may receive sedation prior to the gastroscopy to help you relax together with painkillers. These are given via a needle in your hand or arm and will make you drowsy and relaxed, but is not a general anaesthetic. You may be able to hear clearly and follow simple instructions during the procedure. You may not remember much about the procedure



however, people often respond differently to the sedation; some are very drowsy and remember little of the whole event whilst others remain more alert. You are not able to drive or operate heavy machinery for 24 hours following the sedation. You will be required to have a responsible adult escort you home and remain with you for the rest of the day and night. You are advised not to drink alcohol for 24 hours following sedation, to be totally responsible for young children or to sign legal documents.

If you do not wish to receive sedation, you could discuss with your consultant to have a local anaesthetic throat spray. This acts by numbing the back of your throat and helps you to tolerate the procedure better. You will be sent information regarding details of your admission including information on when to stop eating and drinking.

On admission to the Hampshire Clinic you will be escorted to your room where you will be until taken for your gastroscopy. The nurses will admit you and you will be provided with a gown to change into prior to the procedure.

The Examination

For your gastroscopy you will be taken on your bed to the Endoscopy Suite where you will have opportunity to ask your consultant further questions. You will be made comfortable on a bed and if sedation is required, a needle inserted into the back of your hand or arm.

The Endoscopy nurse will hold a mouth guard in place and monitor your condition closely throughout your investigation. If you receive sedation, this will be given via needle in the back of your hand or arm and will make you drowsy. The consultant will pass the gastroscope over your tongue, down the gullet and inflate your empty stomach with a little air. The tube does not interfere with your breathing. Small tissue samples called biopsies may be taken.

The examination itself takes approximately 15minutes. When the gastroscopy is over you will be transferred back to your room and will need to rest and recover until fully awake. Once the effects of the sedation have worn off you will be offered something to eat and drink.

Before you are discharged from the Hampshire Clinic any findings and follow up care will be explained to you and you will receive a follow up appointment for approximately ten days. Sedation may cause memory loss; you may not remember what is said to you, but your findings will be discussed at your follow up appointment or in some cases your consultant will write you a letter. Your GP will be informed of the results. If you require a prescription, this will be organised for you, or you will be asked to attend your GP. Depending on your symptoms and findings, further investigations or repeat endoscopy may be necessary. You can eat and drink normally after your gastroscopy.

On discharge from the Hampshire Clinic

Most people experience no problems following a gastroscopy. However, it is common to experience a slightly sore throat for a short time. There is a small risk to dental bridgework. Major risks of gastroscopy are extremely rare in diagnostic gastroscopy but can include bleeding and perforation of the upper gastrointestinal tract.

In the unlikely event that you should experience severe abdominal pain or bleeding, please contact Enbourne Ward at the Hampshire Clinic, your consultant secretary, your GP or attend the Accident and Emergency Department immediately for assessment. Please inform them that you have had a gastroscopy.

Enbourne Ward:- 01256 357111
Accident and Emergency, Basingstoke and North Hampshire Hospital:
01256 4732020 ext 4700

Infection Control and prevention

Infections in hospital are worrying to everyone. We need your help to reduce the risk of infection. By working as a team, healthcare workers, patients and visitors can all make a difference. We can reduce the risk. Infection control is important to us all, at home and especially in hospital. We need to be more careful in hospital as patients are vulnerable. They are more vulnerable due to their illness, treatment, age or a combination of factors.