

Essential information about Endoscopy

It is a day procedure so you can go home afterwards. Endoscopy takes about 10 minutes but you must spend approximate 3-4 hours in hospital/day unit.

The purpose of the test is to see if there is any abnormality in the oesophagus, stomach or duodenum, eg an ulcer, inflammation or cancer. A flexible tube is inserted through the mouth to see these areas.

Before the procedure you must fast for 6 hours: but may drink water up to 3 hours before procedure.

Sedation is used, not a general anaesthetic, but you will feel little if anything.

You cannot drive home or drive until the next day. You must be accompanied home in a car - not public transport and should have someone with you that night at home. Do not operate dangerous machinery or make important decisions until the next day.

Risks There is a chance that dental work such as crowns caps or veneers may be damaged. Also there is a 1:10000 chance of serious life threatening complications such as perforation or bleeding. The chance of perforation may reach 5-10% if the gullet/oesophagus is narrowed - eg cancer may have the higher risk of perforation. Other serious risks include chest infection from inhaling stomach fluid, alterations in blood pressure and allergic reactions to medications. These are very rare and unpredictable.

The alternative to endoscopy is a barium meal x-ray but is less accurate. If a barium meal is abnormal you'll need to have an endoscopy anyway.

Medications Aspirin or anti inflammatories may be taken before endoscopy. **Patient with a Coronary Stent should discuss their medications with their Cardiologist.** Patients on Warfarin may need to make special arrangements for alternate blood thinning and those taking Insulin or other diabetic medications should discuss with this doctor. Other medications eg blood pressure, heart tablets or asthma medication must be continued.

If you have any concerns please make an appointment to see my practice nurse or me to discuss your concerns in detail.

Essential Information about Colonoscopy

It is a day procedure so you can go home afterwards. Colonoscopy takes about 20-30 minutes but you must spend a few hours in hospital/day unit. Colonoscopy is to see the large bowel and end of small intestine and detect inflammation, abnormal blood vessels, cancer and remove polyps. Polyps are growths that may turn into bowel cancer. By removing polyps the chance of developing bowel cancer is significantly reduced.

Before the procedure you must go through a special diet, clear fluids for 24 hours and a special bowel preparations to clear your bowel. You must then fast for 6 hours. A separate information sheet will guide you through this.

Medications Aspirin & anti inflammatories for arthritis can be taken 1 week before your endoscopy. **If you have a coronary artery stent, you should discuss your medications with your Cardiologist.** Patients on Warfarin may need to make special arrangements for alternate blood thinning and those taking Insulin or other diabetic medications should discuss with their doctor. Other medications eg blood pressure, heart tablets or asthma medication must be continued.

Sedation is used, not a general anaesthetic, but you will feel little if anything. You cannot drive home or drive until the next day. You must be accompanied home in a car - not public transport and should have someone with you that night at home. Do not operate machinery or make important decisions for 12 hours.

Risks include a 1:1000 chance of serious life threatening complications such as perforation or bleeding. An operation may be required to correct any of these complications. Other risks include dehydration from the bowel prep, alterations in blood pressure and allergic reactions to medications. These are rare and unpredictable.

The alternative to colonoscopy is a barium enema which is less accurate and does not allow biopsies to be taken. If a barium enema is abnormal you'll need to have a colonoscopy anyway.

If you have any concerns please make an appointment to see my practice nurse or me to discuss your concerns in detail.