

# ENDOSCOPY UNIT

## Patient information leaflet: Information for patients having an upper gastrointestinal Enteroscopy

Welcome to the Wye Valley NHS Trust endoscopy unit. Your doctor has advised you to have a test called an Enteroscopy to help find the cause of your problems. In this leaflet we hope to answer some of the queries you may have about your visit to the endoscopy unit.

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### What is an Enteroscopy?

This is a test that allows the endoscopist to look closely at the lining of the oesophagus (food pipe), your stomach and the upper part of your small bowel (duodenum and jejunum). The instrument used is called an Enteroscope, which is a long flexible tube (about as thin as your little finger).

The endoscope is connected to a television system and has a mini camera built into the end. Pictures are then seen on a colour monitor. By examining your oesophagus, stomach, duodenum and jejunum the cause of your problem may be found. The test takes about thirty

minutes, a little longer if we need to take biopsies-these are very small fragments of tissue that need to be sent for analysis. Tiny forceps are used to remove the sample through the scope. You should not feel any discomfort when these samples are taken.

## **Why do I need an Enteroscopy?**

Your doctor is concerned about the problems you have been having in the upper part of your digestive system (this includes the oesophagus, stomach, duodenum and jejunum). An enteroscopy is a good way of finding out if there is a problem, or not. It also helps your doctor to decide on further treatment, if necessary. An enteroscopy is used to investigate a variety of symptoms, for example:

- indigestion
- abdominal or chest pain
- vomiting blood / passing black stools
- iron deficiency anaemia
- to diagnose small bowel inflammation

## **Are there any alternatives to Enteroscopy?**

An Enteroscopy is the best way of looking at the lining of the upper digestive tract.

However, a barium follow through examination is one possible alternative test. Barium is an x-ray based test which does not provide such detailed pictures of the lining of your oesophagus, stomach and small bowel and does not allow us to take samples or perform treatment. If you wish to discuss this further, please contact your GP.

## **Preparing for the test**

If you are diabetic you may need to contact your own GP or diabetes specialist nurse for advice. It is advised that you wear loose fitting clothing, as this is more comfortable during and after the test. You must not have anything to eat or drink for at least six hours before the test to ensure that the stomach is empty, however you may take sips of water during these six hours to moisten your mouth. If you have any queries about your medication, please telephone the endoscopy unit for advice.

## **On admission to the endoscopy unit**

After admission by the reception staff, a member of the nursing team will prepare you for the test. Your blood pressure will be checked and you will be asked some questions about your medical history. Please bring with you a list of any medication you are taking, including any inhalers or angina sprays. The nurse is very aware that you may be worried or anxious, so do not be afraid to ask questions.

We try very hard to keep to appointment times but please be patient if you are kept waiting, as on occasions we do have emergency patients to deal with. You will be given an estimated time for collection - it is important your escort attends with you so they know what time to return to collect you. Please note that your appointment time is your arrival time at the unit and not the time of the actual test.

## **During the test**

Before you go into the procedure room the doctor will explain the test to you and ask you to sign a consent form. If you have any questions at this stage, please ask the doctor.

When you go into the procedure room you will be asked to remove any dentures, which will be placed in a container with your name on for safekeeping. You will not be asked to remove any clothing apart from outdoor jackets/coats and ties. You will be asked to lie on your left side and a tooth guard will be placed in your mouth to protect your teeth and our scopes!

You will need to have a sedative injection (please note it is not a general anaesthetic) and possibly a pain killer. For this you will need to have a small plastic tube inserted into a vein in your arm - usually in the back of your hand. The scope will be passed to the back of your throat and you may be asked to swallow.

During the procedure you are likely to belch as we put air into the stomach - so you will bring it back up. Your eyes may also water and you will produce a lot of saliva, so we put a pad under your chin and over your shoulder to protect your clothes. In order to monitor your blood pressure, heart rate and breathing, the nurse will place a probe on your finger and sometimes an inflatable cuff on your arm. Oxygen will be administered via a small tube in your nose.

The nurse looking after you will be with you at all times, giving you guidance and support. You will be sleepy and relaxed throughout the test and aware of what is happening - but afterwards it is unlikely that you will remember much about it.

## **What are the risks?**

The risks are very small and occur in <1% of procedures. We do our utmost to avoid complications but we have to inform you of the risks even though they are very small. They include:

- Reaction to medication.
- Perforation of the bowel

- Excessive bleeding.

These are rare but may require urgent treatment or even an operation. The possibility of a complication increases if the endoscope is used to apply treatment. Any treatments proposed will be explained to you before the procedure. You may experience a sore throat, this will soon subside and is nothing to worry about. You may feel a little bloated if air is left in the stomach but this will soon pass.

## **After the test**

As you have had a sedative, you may be a little drowsy. You will be taken from the procedure room to a recovery area on the same trolley, where you can recover from the effects of the sedation. You will be offered a drink while you wait for your escort home. This person must come to the unit to collect you. You must remain in the department for at least an hour after the procedure.

You may be unsteady on your feet, so may not be able to walk far, therefore your escort should park in the hospital grounds. A nurse needs to speak to your escort before leaving the endoscopy department and we can write down the results for you or give them to your escort, as you probably will not remember what we say. We will also post a copy of your procedure report to your GP. If we take tissue samples the results may take up to two weeks to come back and these results will also be sent to your GP.

For 24 hours after the procedure you must not:

- Drive or use public transport.
- Go back to work.
- Operate any machinery.
- Drink alcohol.
- Look after children.
- Have a bath unsupervised.
- Sign any legal documents.

This is because the drugs may remain in the body for up to 24 hours and if you choose not to follow this guidance, the hospital cannot be held responsible for any adverse events.

## **Things to remember**

- Do not have anything to eat or drink for at least 6 hours prior to the procedure - you may have sips of water only.
- If you are diabetic, contact your GP or diabetes specialist nurse for advice.
- Do not bring any valuables with you to your appointment.

- Please phone 01432 803060 if you cannot keep this appointment – missed appointments waste time and money and if you cannot come, someone else who is waiting can take your slot.
- You must have a responsible adult at home to care for you after the procedure for at least 12 hours, as you will be having sedation. If you do not have anyone to look after you, it may prevent us from doing the procedure. If this is the case, please contact your consultant's secretary who will try and book you a bed overnight after the procedure.
- You should not drive, operate any machinery, drink alcohol, or sign any legal or important documents for 24 hours after the test. As this is a training hospital there may be a trainee undertaking your procedure, but they will be closely supervised - with a senior colleague present in the room.

## **Contact us**

If you were to experience any severe side effects in the 48 hours following the procedure, please contact:

- Endoscopy unit during working hours of 8am - 6 pm (01432 355444 ext. 1508).
- your GP
- 111 NHS non-emergency number (24 hours a day, 365 days a year and free calls from landlines or mobile phones)
- In an emergency contact the Hospital Accident and Emergency department on 01432 372908 or 01432 372909.

## **How to provide feedback**

Our aim is to provide a quality of care we would want for ourselves, our families and friends. If there was anything that we could have done please let us know via the department/ward staff or the patient experience team available on 01432 372986 or email [pals@wvt.nhs.uk](mailto:pals@wvt.nhs.uk) (opening times may vary).

This leaflet is available in large print, Braille, Audio tape or other languages upon request. Please contact patient experience team on the above telephone number.

You may be asked to give your opinion on the service you have received. We welcome your feedback as this will help us to improve the care and treatment we provide to our patients.

[Wye Valley NHS Trust](#) Telephone 01432 355444