NHS
Calderdale and Huddersfield
NHS Foundation Trust

Endoscopy Unit

Oesophago-gastroduodenoscopy (OGD) and Colonoscopy

Please read, contains important information about your procedure and fasting

Your doctor has advised you to have two special camera tests to find the cause of your symptoms. This leaflet has been designed to tell you how to prepare for these examinations and to answer some commonly asked questions. It may not answer all your questions, if you have any concerns please contact the endoscopy unit.

Huddersfield Royal Infirmary 01484 342000
Endoscopy Unit Direct Line 01484 355868

Calderdale Royal Hospital 01422 357171
Endoscopy Unit Direct Line 01422 223920

Please inform the unit if you are unable to keep your appointment

The Endoscopy Unit deals with out-patients and in-patients including emergencies from wards and other departments. The appointment time you are given for the day of your procedure is the time we would like you to arrive at the Endoscopy Unit and not the time you should expect to have your procedure performed. If your procedure is before midday, you may be in the Unit all morning. If your appointment is after midday, you may be in the Unit all afternoon. If a relative or friend is collecting you after the procedure, it is advisable that you provide the nurse with their contact telephone number so that we can call them when you are nearly ready to leave the Unit; this will prevent them waiting for a long period of time. The Endoscopy waiting rooms, particularly at Calderdale, have limited seating room; if your relative or friend wishes to remain in the hospital until you are ready to go home, please ask them to wait in another area such as the cafeteria so that patients have access to the seats. The hospital has a training commitment and the Endoscopy Units are training units. Your procedure may be performed by a trainee endoscopist who will be supervised by an experienced endoscopist. If you do not wish to have your procedure performed by a trainee, please let the nurse who is checking you in know this on the day you come for your procedure.

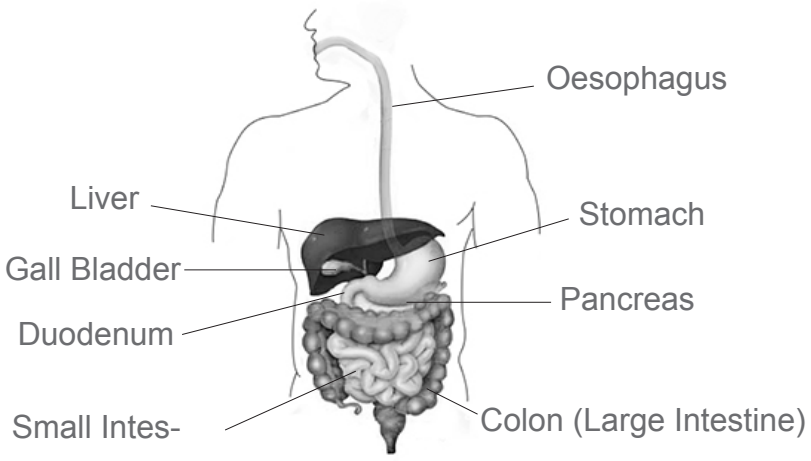
What are these tests?

Oesophago-gastroduodenoscopy (OGD) and Colonoscopy.

OGD also known as gastroscopy

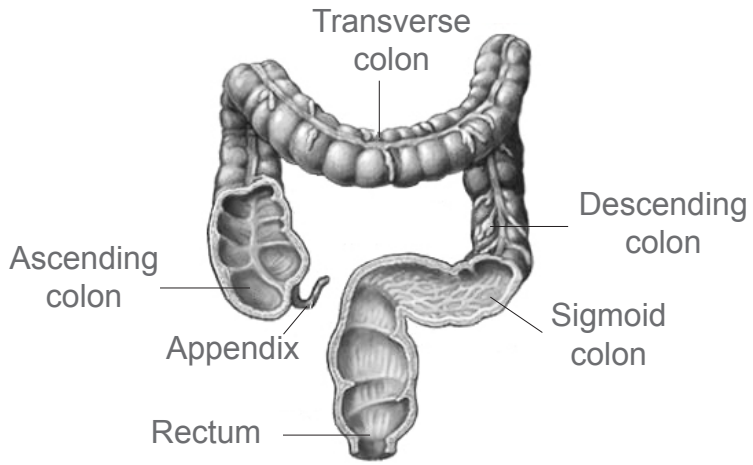
This examination is performed using a long flexible instrument called a gastroscope which is about the width of your little finger. It is passed through your mouth and into your stomach and duodenum (the first part of your small bowel). It allows the Endoscopist (a doctor or specialist nurse who caries out the procedures) to look directly at the lining of the oesophagus (gullet), stomach and duodenum. It also allows tissue samples to be removed painlessly which can then be sent to the laboratory for analysis. The test usually takes approximately five minutes to complete.

compassionate care



Colonoscopy

A colonoscopy is a test which allows the endoscopist to look directly at the lining of the large bowel (colon). A long flexible tube about the width of your finger is inserted into the back passage (anus). The tube is passed around the entire length of the colon and pictures are displayed on a television screen allowing the doctor to detect any abnormal areas. Tissue samples (a biopsy) can be taken and sent to the laboratory for analysis. Polyps (abnormal growths) can also be removed during colonoscopy and sent for analysis. The test takes approximately 30 minutes to complete but it can take a little less and in some cases longer than this. You could be in the department for around 2 hours to allow for check in and the recovery period following your procedure.



The test can be uncomfortable, even painful at times so you will be given a sedative injection and a painkiller. This is not a general anaesthetic therefore you will not be asleep. The sedative will help to relax you but you will still be able to feel sensation, hear what we say to you and follow simple instructions during the test. You may not remember anything about the test afterwards due to the sedation, but this cannot be guaranteed.

The sedation can stay in your system for up to 24 hours. You will not be able to drive, drink alcohol, sign legal documents, operate machinery or look after small children during this time. A responsible adult must collect you from the endoscopy unit, take you home and stay with you for 24 hours after the procedure.

Your bowel and stomach need to be empty for these procedures, please ensure you carefully read the section in this leaflet about bowel preparation and fasting.

What are the risks?

Gastroscopy and Colonoscopy are both established and safe procedures but very rarely they can result in complications

Breathing difficulties or heart irregularities, as a result of reacting to the sedation or the bowel being stretched. To help prevent this from happening, your oxygen levels and heart rate will be monitored. Rarely, a heart attack or stroke can happen if you have serious medical problems.

Making a hole in the oesophagus, stomach, duodenum or colon (risk: less than 1 in 2,000). The risk is higher if a polyp is removed. This is a serious complication. You may need surgery which can involve forming a stoma (bowel opening onto the skin).

Damage to teeth or bridgework.
A plastic mouthpiece will be placed in your mouth to protect the camera from your teeth. Do not bite down hard onto this mouthpiece. Inform the nursing staff if you have any loose teeth.

Bleeding from a biopsy site or from minor damage caused by the endoscope (risk: less than 1 in 1,000). This usually stops on its own.

Bleeding, if a polyp is removed (risk: 1 in 100). Bleeding usually stops soon after a polyp is removed. Sometimes bleeding can happen up to two weeks after the procedure. Let the endoscopist or nurse know if you are on Warfarin, Clopidogrel or other blood-thinning medication. You may need to stop your medication before having a polyp removed.

Incomplete procedure. This can happen due to a technical difficulty, blockage in the large bowel, complications during the procedure or discomfort. Your doctor or endoscopist may recommend another procedure or a different test.

Alternatives to this test

There are alternatives to these tests e.g. x-ray examinations, however the disadvantage of these tests is that specimens cannot be taken and if an abnormality is seen, you may still need to have one or more of these procedures performed.

Preparation for the test

Pre-assessment clinic

Prior the day of your procedures, you will need to attend the Endoscopy Unit to be seen in the pre-assessment clinic. At this clinic, the nurse will ask you a number of questions about your health to ensure you are able to prepare safely for your procedures. He / she will also explain to you how to take your bowel cleansing medication correctly and tell you when to fast from. The clinic is also an opportunity for you to ask any questions you may have about the procedure. **Please note your procedures will not be carried out on the day you attend the pre-assessment clinic.**
This appointment is intended to allow assessment, to give you information and to give you your bowel cleansing medication. At pre-assessment the nurse will require information about the following.

Interpreters

Please inform the Endoscopy Unit if you require an interpreter prior to your appointment date, this is for pre-assessment and the day of your procedure. Failure to do this can result in delays or cancellations on the day. **Family members and friends cannot be used to interpret.**

Escort home

You will need to arrange for a responsible adult to collect you from the unit after your test and remain with you for the next 24 hours. You should avoid using public transport where possible. You will not be able to drive.

If you have not arranged for a responsible adult to collect you from the unit after your test, your procedure will be cancelled.

If you anticipate any problems you should contact the endoscopy unit as soon as possible or speak to the nurse in the pre-assessment clinic.

Pacemakers

If you have a pacemaker, you must tell the nurse at the pre-assessment clinic as your pacemaker will need to be checked before the procedures and arrangements need to be made for this. Failure to do this can result in delays or cancellation. Please bring your pacemaker identification card with you.

Implanted Defibrillators

If you have one of these devices, you must tell the nurse at the pre-assessment clinic as your device may need to be checked before your procedures and this will need to be arranged before the day of your test.

Allergies

If you are allergic to latex you must let us know as soon as possible as your appointment time may need to be changed and we will need to ensure theatres are free of products with latex.

Medication

Please ensure you complete the medication form sent with your appointment as your medical notes do not always contain an up do date list of your tablets. If you have any problems completing this form, contact your GP surgery who will have this information.

Warfarin and Clopidogrel

If you are taking medication to 'thin' your blood e.g., Warfarin or Clopidogrel you may need to stop this prior to your procedure. The nurse at pre-assessment clinic will advise you about this if the doctor has not already instructed you. Please ensure you tell the nurse that you are taking this medication. You may need to change to a different blood thinning medication that is given by injection for a few days and a district nurse may need to give you this. You may also need to have a blood test one hour before your procedure. Again, the pre-assessment nurse will advise you about this.

Bulking agents

If you are taking bulking agents such as bran, Fybogel or Regulan you should stop taking these one week prior to the test. Ask the nurse in pre-assessment clinic if you are unsure about this.

Iron tablets (ferrous sulphate) If you are taking iron tablets you should stop taking these one week before your test. Please ensure you inform the nurse at pre-assessment clinic. If your doctor has told you that your procedure is urgent and will take place within two weeks, stop your iron tablets immediately and inform the nurse in pre-assessment clinic. If you are unsure about this, contact the Endoscopy Unit.

Ant-acid / indigestion medication

If you are taking medication to reduce acid in your stomach, e.g. Lansoprazole, Omeprazole, Esomeprazole, Pantoprazole, Rabeprazole Sodium; you need to stop taking them 2 weeks before your test. The nurse at pre-assessment clinic will tell you when to stop. If your doctor has told you that your procedure is urgent and will take place within two weeks, stop your tablets immediately and inform the nurse in pre-assessment clinic. If you are unsure about this, contact the Endoscopy Unit.

If your test is a repeat procedure for Barretts Oesophagus or to check for the healing of an ulcer, DO NOT stop your medication.

Other medication (except diabetic medication, see below)

You may take any other necessary medication as normal even on the day of the test. Take them with a small amount of water. It is particularly important that you take your medication if you suffer from conditions such as epilepsy, heart problems or hypertension (high blood pressure) as your procedure may be cancelled if your blood pressure is too high or your heart rate irregular. Please ensure you tell the nurse in pre-assessment clinic what medication you are taking so that he / she can advise you what to do.

Diabetic patients

If you have diabetes, the nurse in pre-assessment clinic will give you advice and a written instruction leaflet about your diet and medication. If you are still unsure what to do after seeing the pre-assessment nurse or need further advice, please contact the Diabetic Nurse Specialist on :

Huddersfield - 01484 347297 Halifax - 01422 222257

Bowel Preparation

To allow a clear view, the colon must be completely empty of waste material. The nurse in pre-assessment clinic will give you some special laxative drinks to take and an information sheet telling you how and when to take them. The purpose of the bowel prep is to clear your bowel, diarrhoea is to be expected therefore you will need ready access to a toilet. We would advise you not to work during this period. You will also be told about dietary restrictions.
It is important that you follow these instructions carefully.

Please take the bowel preparation as instructed by the nurse in pre-assessment clinic. This may be different to the instructions contained in the box you have been given.

Some people find the drinks unpleasant; you can add fruit cordial to them to make them more palatable, do not add red or purple cordial as this can look like blood in your bowel. It is also better to sip the fluids rather than drinking them down very quickly. Whilst taking the preparation and following the dietary restrictions it is important to considerably increase your intake of clear fluids, drink at least one tumbler of clear fluid each hour.
This is important to prevent you becoming dehydrated and will also help to clean the bowel. You can continue to take clear fluids until 4 hours before your appointment time.
4 hours before your appointment time, stop drinking as it is important that your stomach is empty. If you suffer from renal failure, you must inform the nurse at pre-assessment clinic as a different form of bowel preparation may be required

Side effects include nausea, vomiting, bloating abdominal pain, anal irritation, sleep disturbances. If you experience any vomiting and severe diarrhoea with dizziness and headache and confusion or feel generally unwell, please either contact the endoscopy department or contact your GP.

Consent

You have been sent a copy of the consent form; please take the time to read the form in conjunction with this information so that you fully understand what you are agreeing to. The nurse in pre-assessment clinic will go over the form with you and explain the risks and benefits of the procedures and answer any questions you may have before asking you so sign the form. The form you have been sent is only a copy, you do not need to sign this copy.

If you are caring for someone who is unable to give consent for the procedure themselves, you will not be able to sign the consent form for them. The consent form should have been completed with your Consultant in clinic after discussion with the patient and ideally the next of kin or other family member. If this has not taken place, please contact the Endoscopy Unit as soon as possible, ideally before the pre-assessment appointment as cancellation on the day may occur if there are problems with the consent process

On the day of the test

Minimal make-up should be worn when attending and it is also important that you do not wear nail varnish or false nails as these interfere with monitoring equipment used during the test. Wear only minimal jewellery e.g. wedding ring.

Arriving at the Endoscopy Unit

Please report directly to the Reception Desk in the Endoscopy Unit, do not take a seat until you have given your name to the receptionist.

- **Huddersfield Endoscopy Unit** can be found on Basement level. You can access through the hospitals Main Entrance or through the South Drive Entrance.

- **Calderdale Endoscopy Unit** You should access the unit directly through the Endoscopy Unit Entrance off of Godfrey Road. You can access the unit via the main entrance but please bear in mind that the signs will take you outside at the back of the hospital to enter again.

A nurse will check your details with you and complete a short questionnaire, check your pulse and blood pressure and place an identity band on your wrist. If you have not already done so, you will need to give the nurse the name and contact number of the responsible adult collecting you. You will be able to ask the nurse any questions you may have about the test. You will be asked to get changed into a dressing gown prior to the procedure; you may wish to bring your own dressing gown with you.

After the test

You will be taken to the recovery area for rest and observation for a while, usually 20-30 minutes. You will then be offered a drink and something to eat, you may bring your own sandwich if you prefer. You will be able to go home shortly afterwards. You will not be able to drive, drink alcohol, sign legal documents, operate machinery or look after small children for 24 hours. A responsible adult must **collect you from the endoscopy unit,** take you home and stay with you for 24 hours after the procedure. You should avoid travelling on public transport.
The effects of the sedative injection can remain for 24 hours; therefore it may be necessary to take the following day off work.

Results

On discharge the nurse will explain the results of the procedure and will give you a short written report. Detailed reports of all tests and any specimens taken will be sent to the doctor who has requested them. If you already have an outpatient appointment you should keep this. If you do not have an appointment, the nurse will give you instructions on discharge. You may find that you are unable to remember what the nurse or doctor has said to you because of the sedative medication. If you would like the nurse to explain the results to your relative or friend on discharge, please ask.

Frequently Asked Questions

Q. Will the test hurt?
A. The test can be uncomfortable, even painful at times but you will be given a sedative and a painkilling injection to help you with this.

Q. Will I be asleep?
A. No, you will not be asleep. The sedative helps to relax you, but does not put you to sleep.

Q. Will my relative be able to come in with me?
A. Your relative or friend will be able to come into pre-assessment clinic with you and also on the day of the test while the nurse asks you some questions but they will not be able to go into theatre when you have the procedure.

Q. What if I don't have a responsible adult to look after me following my procedure.
A. You will need to be admitted to hospital after your tests and stay overnight. You would be admitted to the Calderdale Royal Hospital. Occasionally people choose to have the test done without a sedative if they have no-one to care for them afterwards.

Q. Will I need to get changed?
A. You will be given a dressing gown to change into and some paper shorts. Some people find it more comfortable to bring their own dressing gown with them.

Q. Will I get my results on the day of the test?
A. We will tell you as much as we can after the test but may not be able to give you the full result. If specimens are taken, these need to go to the lab to be analysed and it can take a few weeks for these results to be available.

If you have any further questions please do not hesitate to contact the unit.

Please note the department also has to deal with emergencies that come from other departments and wards in the hospital and this can cause delays at times. We will make every effort to keep you informed of any delays. We would also ask you for your patience.

If you have any comments about this leaflet or the service you have received, please contact the Unit Manager at the Endoscopy Unit you attended.

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Calderdale Royal Hospital
Telephone (01422) 223920

Huddersfield Royal Infirmary
Telephone (01484) 355868

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۓ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"