The Upper Gastro-intestinal MDT Clinic

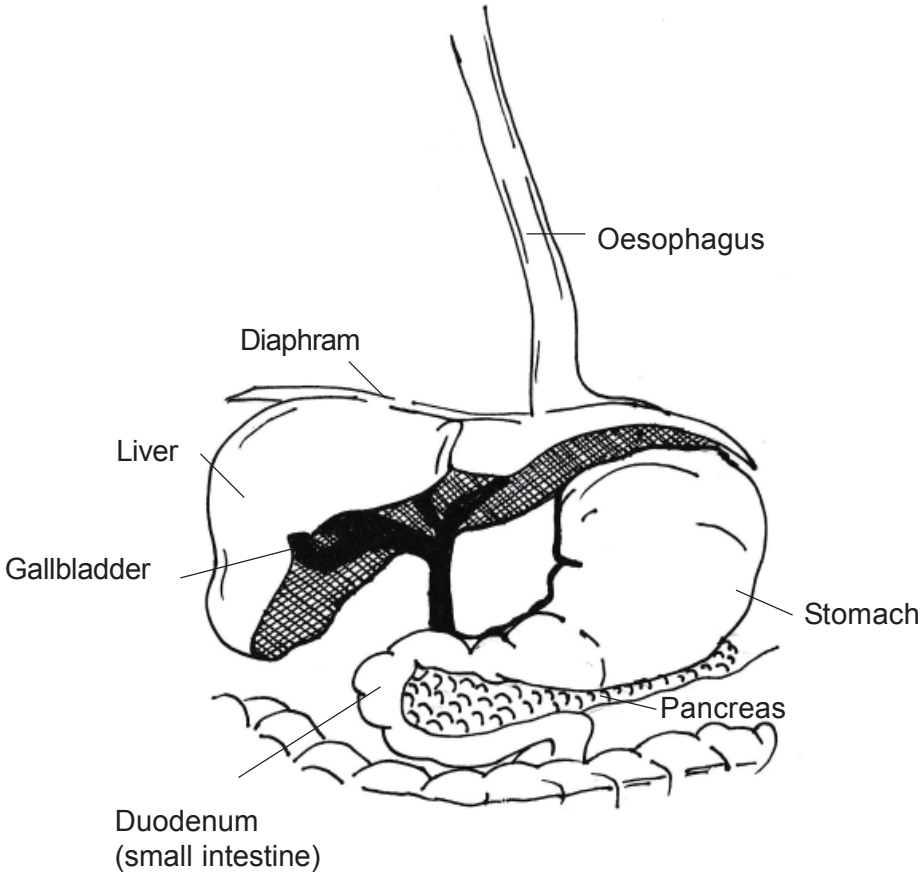
Patient name: _____

NHS Number: _____

You have been given this leaflet as your next appointment maybe in the **Upper Gastro-intestinal (UGI) MDT Clinic**. The aim of this leaflet is to answer any questions you may have about the UGI MDT Clinic and describe what may happen next. Not all the details in this leaflet will apply to you and we will try to give you as much personalised information as possible in your appointments and record it in this leaflet for you to take home.

What is the Upper GI Tract?

The Upper GI Tract includes the oesophagus (gullet), stomach, pancreas, gallbladder, liver, and first part of the small bowel called the duodenum.



compassionate care

What is the UGI MDT Clinic?

Your GP has referred you to our hospitals as they are worried that you may have a problem with part of your upper gastro-intestinal tract. You have already been seen in clinic or endoscopy and the doctor/ nurse as explained the need for further investigations. We are doing further investigations as there is a concern we may be dealing with something serious such as cancer. This may not be the case for all patients but this is something we need to investigate. We try and get these investigations done as quickly as we can. Following this we have a weekly meeting called an MDT Meeting (multidisciplinary team). This meeting is attending by health care professionals that specialise in the UGI tract. In this meeting we will review your investigations, following which you will attend the MDT clinic for results and further assessment.

Your MDT clinic appointment is: _____

What happens in the MDT clinic?

You may have already been seen by a doctor. The doctor you meet in the MDT clinic may or may not be the same one. The MDT clinic is run by a team of doctors so it may be that you see someone different at this appointment. At this appointment you may also meet one of our specialist nurses. Some patients may have their appointment with the specialist nurse rather than the doctor. During this appointment, we will discuss your results so far, any symptoms, potentially examine you and discuss the next steps in your care.

It maybe that you require further investigations following this appointment some of which can be found further in this information leaflet.

We suggest where possible that you bring someone with you to this appointment as we are likely to be discussing your results and providing you with quite a bit of information about your care going forward.

At any point during your time in the clinic, or afterwards, if you are unsure or do not understand something, **please ask us** and we will do our very best to answer your questions.

Specialist Nurses

We have a team of specialist nurses called Upper GI CNS's (clinical nurse specialist). These nurses are trained to provide care and support for patients and families whom are having investigations for or whom are diagnosed with an Upper GI Cancer. Their contact details can be found at the back of this information leaflet.

We also have a care co-ordinator that works with the nurses. It maybe that you see or speak to her also if you contact the Upper GI Nursing service.

Specialist Dietitian

We have a specialist dietitian that works with the team and it maybe that you see her during this clinic if you have any issues with diet or nutrition.

What tests might I need?

The tests that are often needed to investigate the Upper Gastro-intestinal tract are listed and described below, however not everyone will need all these. If you would like any further information about any of these tests, please contact us and we will send you a leaflet describing them in detail. Most tests are performed at Huddersfield or Halifax unless stated otherwise.

- **Blood tests**: It is sometimes necessary to take blood tests, this maybe on the day of clinic or later on during your investigations.
- **Oesophago-gastro-duodenoscopy (OGD):** This is an endoscopy procedure that looks inside the oesophagus (gullet), the stomach and the first part of the bowel called the duodenum. It involves a thin flexible telescope with a camera on the end that is inserted via your nose or mouth and allows us to have an in-depth look and take any biopsies if you need them. You can have a throat spray local anaesthetic or a sedative injection for this procedure. The procedure is carried out in the Endoscopy Department and they will give you the full instructions for this test when they book your appointment.
- **Ultrasound scan:** An ultrasound scan is a painless test that uses sound waves to create images of the organs within your body. It is similar to the test that pregnant women have when they are expecting a baby.
- **CT:** A CT (computed tomography) scanner is a special type of X-ray machine which sends several beams of X-rays at the same time from different angles. This allows doctors to get detailed pictures of the inside of the body without needing any invasive examinations. A CT scan is painless and the report of the scan is normally available within two weeks after the test.
- **PET:** A PET (positron emission tomography) scanner is a special type of CT scanner that provides a different type of picture to a normal CT scanner. Again, the test is non-invasive and painless and provides information for doctors as to whether or not there may be distant areas of disease in the body. This scanner is not available at Huddersfield or Halifax and our patients travel to Bradford Royal Infirmary for this test; we will give you all the information you need about how to get there and what to expect if you need this scan.
- **EUS:** An EUS (endoscopic ultrasound) test is an endoscopy procedure that involves the thin flexible telescope (used for a normal OGD) with a special ultrasound probe on the end of the telescope. This allows doctors to look in detail at the gullet and the stomach and take biopsies if needed. This test is not available at Huddersfield or Halifax and our patients travel to Bradford Royal Infirmary for it; we will give you all the information you need about how to get there and what to expect if you need this test.
- **MRI:** An MRI (magnetic resonance imaging) scan is a non-invasive scan that provides pictures of the inside of the body in different detail to those provided by the CT scan. It is sometimes needed to get further information about the organs inside the body.
- **Laparoscopy:** A laparoscopy is a keyhole operation that is carried out under a general anaesthetic. It is sometimes needed to look around inside the abdomen and make sure there are no small areas of disease that could be missed on a scan. This operation usually takes place at Bradford Royal Infirmary.
- **CPEX test:** A CPEX (cardio-pulmonary exercise test) is carried out for patients prior to major surgery. It is performed at Bradford Royal Infirmary and involves monitored activity on an exercise bike. The doctors measure how well the body responds to exercise to try and predict how well it will cope with major surgery.

Please bring this leaflet to your clinic appointment and someone will complete this section.

What are the important bits of information for me?

Organ system being investigated (we will circle the organ(s) we are investigating):

Liver Gallbladder Oesophagus (gullet) Stomach Pancreas Bile Ducts

What happens next?

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

Any Appointments

OGD: __ / __ / __ Time: _____

Instructions: _____

CT: __ / __ / __ Time: _____

Instructions: _____

PET: __ / __ / __ Time: _____

Instructions: _____

EUS: __ / __ / __ Time: _____

Instructions: _____

Ultra Sound: __ / __ / __ Time: _____

Instructions: _____

MRI: __ / __ / __ Time: _____

Instructions: _____

Laparoscopy: __ / __ / __ Time: _____

Instructions: _____

CPEX: __ / __ / __ Time: _____

Instructions: _____

How do I contact you if I have a question?

There are a number of useful contacts you can use if you have a question. They are:

Upper GI Cancer Specialist Nursing Team – If you have a suspected cancer you can ask questions about your diagnosis/treatment or let us know of any developments of your symptoms or worries you may have. If you have a suspected cancer and have questions about your investigations the nursing team may also be able to help with this. Please phone the number below and leave a message and one of our team will contact you back as soon as possible.

Telephone No: 01484 355064

Endoscopy Reception – If you have a question about your OGD (endoscopy) procedure, or to enquire when your appointment might be, please phone the number below.

Huddersfield: 01484 355867
Calderdale: 01422 223920

Radiology Reception – If you have a question about a scan (ultrasound, MRI or CT), or to enquire when your appointment might be, please phone the number below.

Huddersfield: 01484 356900
Calderdale: 01422 224535

PALS Team – If you wish to make comments or raise concerns or complaints about our service, please contact our Patient Advice and Liaison Service (PALS) on the number below.

Telephone No: 01484 342825

NHS 111 Service – Offers health information and advice from trained health professionals over the phone, 24 hours a day.

Telephone No: 111

If you have any comments about this leaflet or the service you have received you can contact :

Upper Gastro-intestional Clinical Nurse Specialist
Huddersfield Royal Infirmary
Telephone No: 01484 355064

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, obraťte 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

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے 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"

CHFT