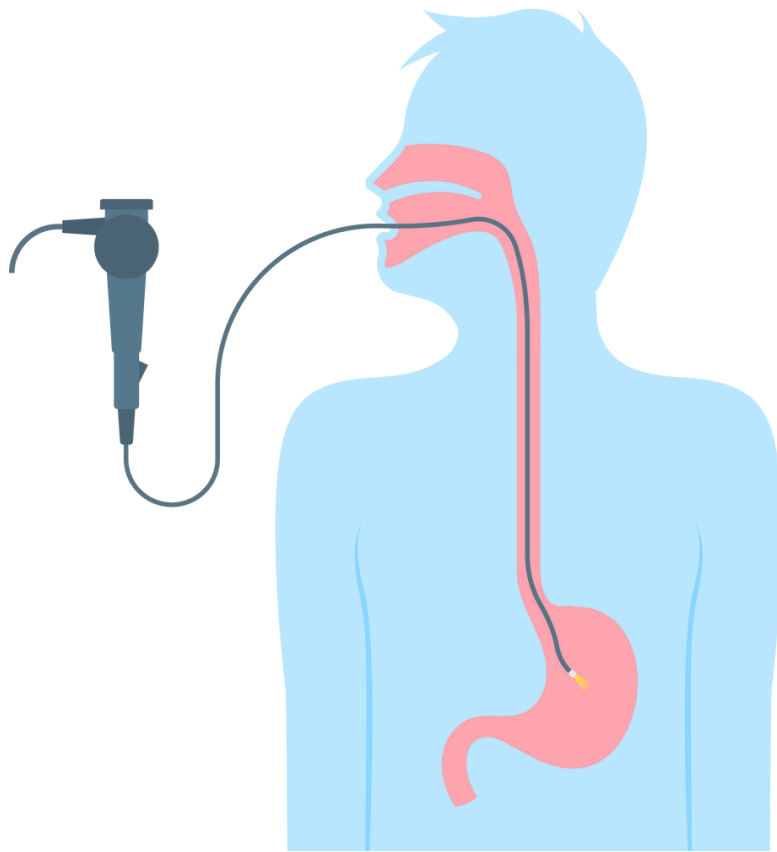


Endoscopy

(Upper Endoscopy)

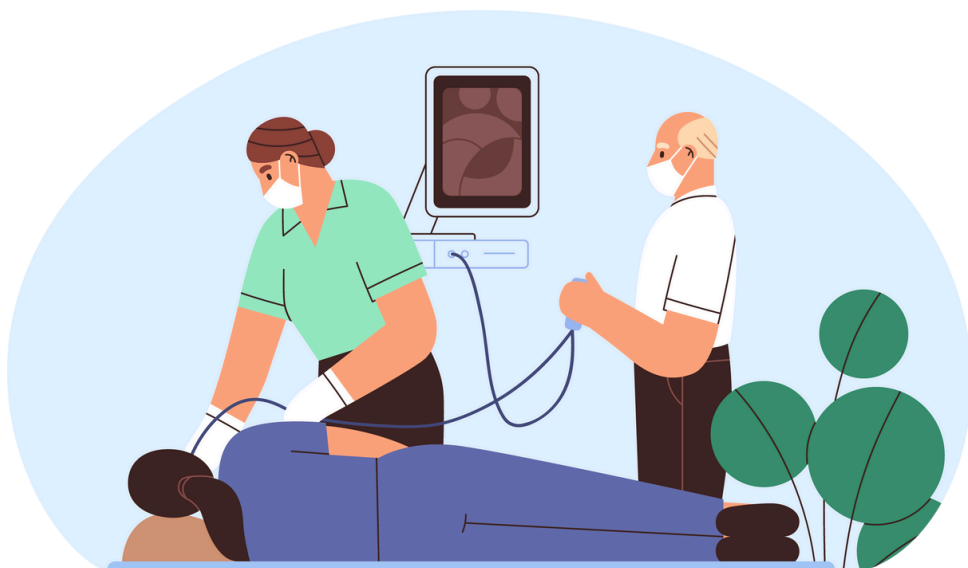


What is an Endoscopy?

An upper endoscopy is a test to look inside your tummy.

A doctor will put a very small camera on a thin, flexible tube (called an endoscope) into your mouth and down to your tummy.

It is done at the hospital, and usually, you can go home the same day.



Having an Endoscopy

An endoscopy helps the doctor get a better look at your esophagus, stomach, and small intestine to check how they are working.

Your esophagus is a tube in your body that carries food and liquid from your throat to your stomach.

Your small intestine is a tube that helps break down your food so your body can use it for energy.

What does it look like

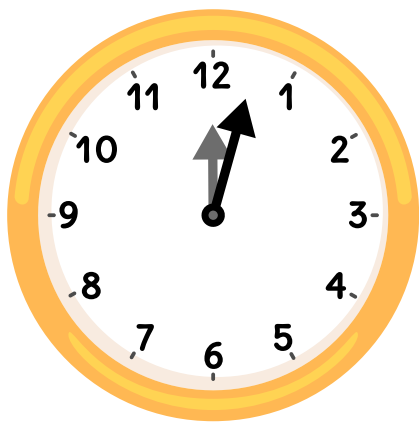
A special camera sends pictures and video to a monitor.

This helps the doctor closely examine the inside of your tummy by watching the monitor.



Before your Endoscopy

It's really important that your stomach is empty before your endoscopy. If your tummy isn't empty, the doctor won't be able to see clearly with the camera.



It's important that you don't eat anything for 6 hours before your endoscopy.

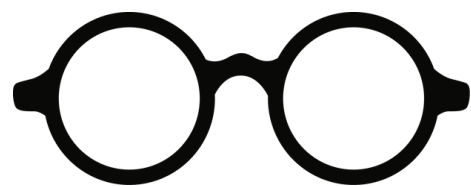
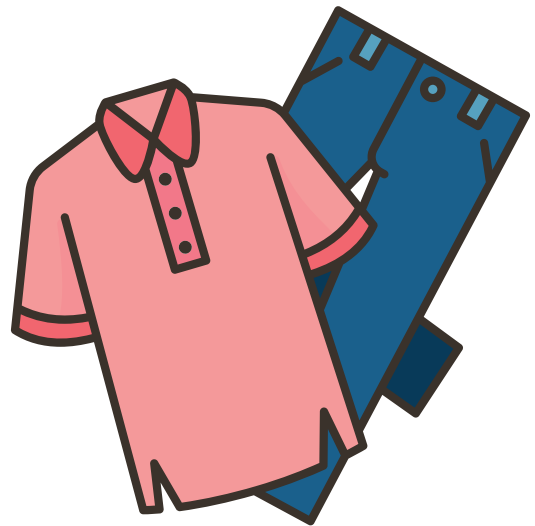
Don't drink anything for 2 hours before your endoscopy.

What will happen?



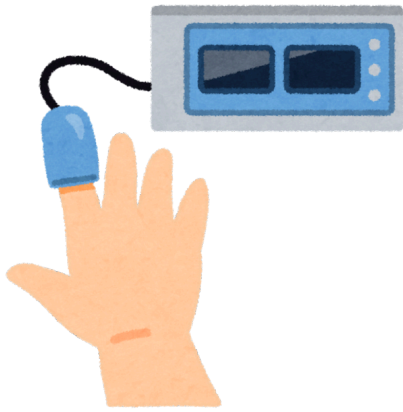
When you get to the hospital you maybe asked to change into a hospital gown .

If you stay in your own clothes you will be asked to loosen any tight clothes and remove your glasses if you wear them.



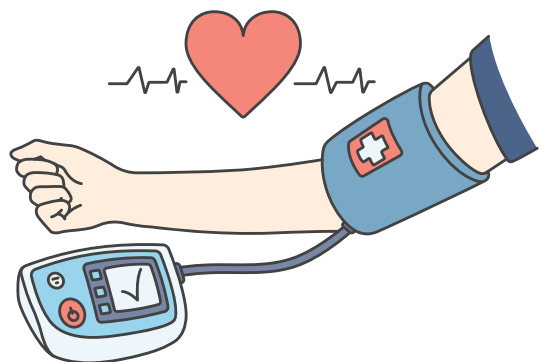
What will happen?

First you will have some checks.
They do not hurt.



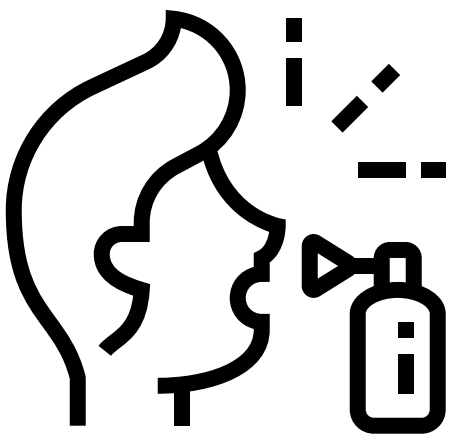
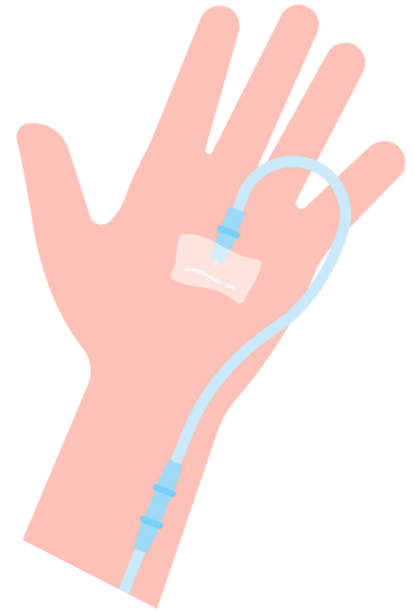
The nurse will put a special clip on your finger to check your heart beat.

The nurse will put a cuff around your arm to check your blood pressure. It feels like a tight hug on your arm.



What will happen?

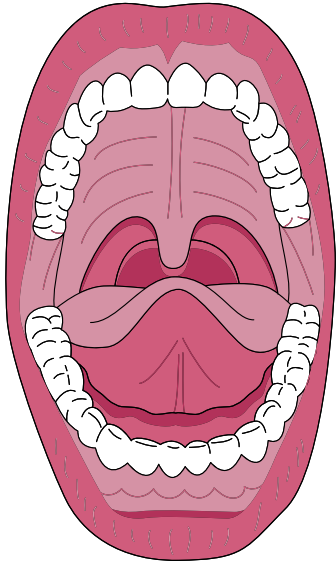
You may have some special medicine in the back of your hand through a little tube to make you feel sleepy and relaxed.



Or you may have an anaesthetic spray for your throat to make it 'numb' (less sensitive) which helps the procedure feel more comfortable.

The anaesthetist doctor who gives the sleepy medicine) and your medical team will decide which is best for you.

What will happen?



A nurse will put a mouth guard into your mouth.

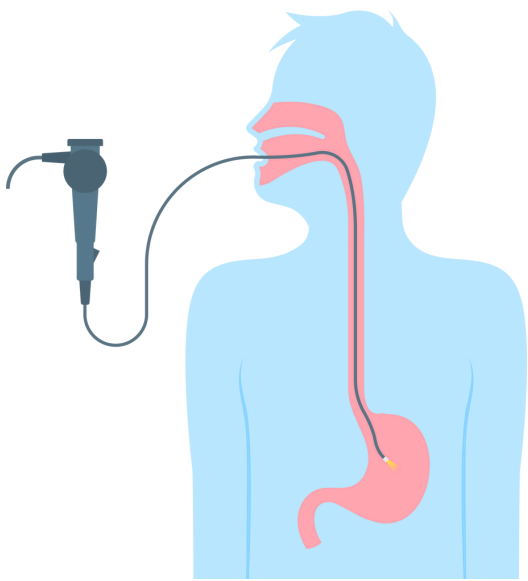
You will be asked to lay on your side and the doctor will gently put the special camera in your mouth and down to your tummy. It may feel a little bit like you have some indigestion.



If you are feeling worried, concentrate on taking slow, deep breaths.

You will be able to breathe normally during your endoscopy.

What will happen?



You will feel the bendy tube blowing air into your tummy. It may feel like you need to burp, don't worry, this is normal. If it feels uncomfortable you can ask the doctor to stop so you can take a break.

On the end of the bendy tube there is a light, a camera and a tiny tool. The doctor can use the tiny tool to take a very small bit of tissue or cells for more testing if they need to. This does not hurt.

What if I feel worried?

You may feel worried about having an endoscopy. It's normal to feel unsure if you haven't had an endoscopy before.

When we feel worried it can be helpful to concentrate on something else.

Some people like to imagine being in their favourite place.

Some people like to concentrate on taking deep, slow breaths.

What will you choose to do?

You can bring something with you from home that you find comforting like a comfy blanket, favourite item or a picture of something that makes you feel happy.

Things to remember!

- Wear comfortable clothes.
- Don't eat for six hours before your endoscopy.
- Don't drink for two hours before your endoscopy.
- Ask your medical team if you have any questions about your procedure (there is no silly questions).
- The endoscopy does not hurt
- The nurses and doctors that you will meet are all there to help you.



Relaxation Exercises to Try



**Breathing
exercise**



**Progressive
muscle relaxation
exercise**



If you have any questions or would like to talk to someone, please contact the Endoscopy Team:



Call: 01633 238706



Email:

ABB.EndoscopyPreAssessment@wales.nhs.uk

(Include your name and hospital number)