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Gastroscopy — Information for Patients

What it involves

A gastroscopy examines the lining of your oesophagus, stomach and duodenum using a thin flexible camera passed through the mouth. Biopsies may be taken if needed — this is quick and painless. You'll be sedated by an anaesthetist and monitored throughout, spending about 20 minutes in the procedure room and a few hours in the unit overall.

Before your procedure

- No food for 6 hours and no fluids for 4 hours before your admission time.
- Take your usual medications with a sip of water, unless we've told you otherwise.
- Tell the pre-admission nurse about any allergies, asthma, recent flu-like symptoms or COVID, and about any crowns, bridges or loose teeth.
- Arrange someone to drive you home and stay overnight — if that's not possible, a taxi is fine but tell the pre-admission nurse so we know someone will be with you at home.
- Dentures, contact lenses, glasses and jewellery are removed before the procedure and kept safely.

For 24 hours after sedation

You may feel normal within a few hours, but your judgement and reflexes are impaired for longer. For 24 hours, please do not drive or use public transport unaccompanied, operate machinery or do heavy work, drink alcohol, or sign legal documents or make important decisions — and have someone stay with you.

Your results

We'll explain the findings in recovery and give you a written report. A copy also goes to your GP. Your proceduralist will have a scheduled telephone call with you about 2 weeks after the procedure to go through the final biopsy results.

Normal symptoms afterwards

Mild sore throat (lozenges or salt-water gargles help), bloating, drowsiness, and some bruising or tenderness at the cannula site. These settle within a day or so. Reintroduce fluids then food gradually.

Contact us if you develop

Vomiting or coughing up blood; worsening abdominal or chest pain, or pain worse than before the test; fever; or persistent vomiting or severe throat pain not relieved by simple painkillers.

Contacts

Business hours Rooms 1300 000 180 (9am–5pm) | Chesterville Day Hospital: 9585 3777
After hours: Dr Owen McKay 0409 995 083 | Dr Phil Ha 0489 197 289

If you are seriously unwell, call 000 or attend your nearest emergency department.