

**Grampians Health Stawell is a Smoke Free Site.**



**Evaluation:**

The hospital relies on receiving direct feedback from you to assist us to continually improve the standard of care we provide. After discharge the hospital or the Department of Health may ask you to assess your hospital stay. Your responses are anonymous and confidential and the information received assists us a great deal. Thank you

**If you have problems which concern you, please contact your local doctor or ring:**

**G.P. Stawell Medical Centre:  
5358 1410**

**G.P. Patrick Street Clinic:  
5358 7555**

**A/H Grampians Health Stawell:  
5358 8500**

# **Pre Admission Clinic**



## **Patient information Gastroscopy**

Your operation is scheduled for: .....

Admission time is: .....

We will contact you the day prior to your procedure with your admission time.

Visiting Hours are:      Open visiting hours

*This leaflet is provided for your information, so you will understand the routines which form part of your care, whilst you are in hospital and after you go home.*

## **ABOUT THE PROCEDURE**

Gastroscopy is a procedure used to visualize the inner surface of the stomach, using a tube, which is passed through the mouth, via the oesophagus to the stomach. Small samples of tissue can be taken for testing.

### **FASTING:**

You will be required to have fasted, that is nothing to eat for 6 hours prior to your admission.

Please drink clear fluids up until 2 hours prior to your admission.

**Medications:** .....

.....

### **AT HOME:**

Please shower in the morning on the day of your procedure; you may use a non-perfumed deodorant. Do not use powder or moisturiser. Remove make-up, nail polish and jewellery (your wedding ring may be kept on).

**Please bring in your current medications.**

### **IN HOSPITAL:**

Please present to the Front Office. You will then be directed to the Day Procedure Unit for admission.

On arrival to the ward, the nurse will take your blood pressure, pulse and temperature. Then you will be asked to change into a theatre gown.

Please leave your hearing aid and/or dentures in if you have them.

You will be lightly sedated to ensure your comfort during the procedure. The Anaesthetist may also spray the back of your throat with some local anaesthetic.

Following your procedure you will be closely monitored in the recovery area and also on return to the ward.

When awake and feeling up to it you will be provided with fluids and a light diet.

\*\*Care with hot drinks – the back of your throat may be still numb.

## **DISCHARGE INSTRUCTIONS**

### **BECAUSE YOU HAVE HAD INTRAVENOUS SEDATION**

1. You must be accompanied home and cared for by a responsible adult for at least 24 hours following your procedure.
2. You **must not**
  - Drive or operate machinery
  - Drink alcohol
  - Have a heavy meal
  - Contract business or sign documents
  - Engage in sports, heavy work or lifting

**For at least 24 hours as your skill, coordination and judgement may be affected by the anaesthetic.**

### **FOLLOWING DISCHARGE:**

Take only those medications for pain prescribed by your doctor. If you normally take aspirin/anti-inflammatory drugs, then you will need to discuss this with your doctor.

**NB YOU MUST** report any severe pain or other problems to your doctor or the Hospital Supervisor on 5358 8500.

A Nurse will telephone you at home the next day after discharge.