

## Gastroenterology – Endoscopy (Gastroscopy)

### Introduction

Your GP/Consultant has recommended a Gastroscopy; which is a procedure to look at the inside of your oesophagus, stomach and duodenum using a thin, flexible camera (endoscope). You will be provided with a written information leaflet that details specific instructions relating to your Gastroscopy.

### Guidance for Patients

Common reasons for having a Gastroscopy include:

- Difficulty in swallowing
- Pain on swallowing
- Weight loss
- Nausea/vomiting/reflux
- Anaemia
- Surveillance for conditions such as Barrett's oesophagus/chronic liver disease
- Ulcer healing
- Dyspepsia
- To obtain biopsies for a coeliac diagnosis

While you are waiting for your procedure your GP or consultant may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being.

#### **This may include:**

- Lifestyle changes
- Medication

### What should I do if my health is deteriorating?

## My Planned Care Patient Information Platform

If you feel you are becoming more unwell, **please call NHS 111 for medical review in the first instance.**

### Contact Us

A dedicated e-mail address for My Planned Care enquiries: [soh-tr.so-mpcqueries@nhs.net](mailto:soh-tr.so-mpcqueries@nhs.net)