



Gastroscopy





Introduction

Your GP or Consultant has referred you for a gastroscopy. This is a procedure to look at the inside of the oesophagus, stomach and duodenum using a thin, flexible camera called an endoscope. You will be provided with an information leaflet that details specific instructions relating to your gastroscopy.

Guidance for patients

Common reasons for having a gastroscopy include:

- Difficulty swallowing
- Pain during swallowing
- Weight loss
- Nausea and vomiting
- Reflux
- Dyspepsia
- Ulcer healing
- Anaemia
- Surveillance for conditions such as Barrett's oesophagus and chronic liver disease
- 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 wellbeing. These may include:

- Lifestyle changes
- Medication

What should I do if my health is deteriorating?

If you feel you are becoming more unwell **please contact your GP or NHS 111 for medical review in the first instance.** They will be able to advise if this is something they can support you with during your wait or they can redirect you to the appropriate service in order in order to determine a management plan.

Contact us

If you have been referred to the hospital by your GP, you may need to be seen in clinic before you are booked for your gastroscopy. Once you have been referred for a gastroscopy, you will be contacted by telephone by our department.

If you do have any questions about your gastroscopy, please telephone:

- Bedford Hospital Endoscopy Unit: **01234 792269**
- Luton and Dunstable Endoscopy Unit: **01582 497273** or **01582 718454**