



Gastroscopy

What is a Gastroscopy?

Gastroscopy, also known as Oesophago-Gastro-Duodenoscopy (OGD), is an endoscopic examination of the entire stomach which includes the oesophagus and the duodenum.

A long, thin and flexible fibre-optic scope with a built-in camera is used to perform the procedure.

What happens during Gastroscopy?

An anaesthetic spray will be applied to the back of your throat to numb the area. A mild sedative will be given through an injection.

The doctor will insert the endoscope through the mouth to carry out the examination. A tissue biopsy may be taken by using a flexible biopsy forcep through the scope for a better evaluation of any abnormal areas.

What is expected after Gastroscopy?

You will be transferred to the recovery area for observation until you are certified fit for discharge.

Are there any possible complications?

Gastroscopy is a safe procedure and complications rarely occur during the procedure. Possible risks include respiratory depression and cardio respiratory arrest due to sedation (0.1% risk).

What is the duration of the procedure?

Diagnostic gastroscopy takes an average of five (5) to ten (10) minutes to complete.

Are there any pre-procedure preparations required?

- Fasting is required six (6) hours before the procedure
- Follow the medication plans as advised by the doctor

Discharge Advice

Post Sedation:

- You may experience temporary effects of sedation. The effect(s) should wear off after one(1) day
- You may feel dizzy, tired, nauseous and may even vomit or experience slight amnesia (unable to remember events that occurred during the procedure)
- There is a short period of time where your judgment and reactions may be affected. It is important that you:
 - **Have someone to accompany you home after the procedure**
 - **Do not drive or operate any machinery**
 - **Do not take sleeping tablets and alcohol for the next 24 hours**
 - **Do not sign any legal document or make important decisions**

Temporary side effects which may occur:

- Take some lozenges if you experience soreness in your throat
- You may feel bloated after the procedure, and air will be passed out when you start to move around. This will wear off after two (2) to three (3) hours
- Soft diet is recommended after the scope. If it is well tolerated, you can resume your normal diet

When to seek medical help?

Consult a doctor (family doctor or specialist) if you experience any of these symptoms:

- Difficulty in breathing
- Excessive bleeding or passing of black stool
- Severe abdominal pain and bloatedness
- Severe chest pain
- Severe vomiting/ nausea
- Swollen and inflamed injection site

Please proceed to the nearest Emergency Department after office hours.

Other instructions

Inform the doctor

- If you have heart valve disease/ pacemaker
- If you have any medical history or drug allergy

Pre-procedure Preparation

FASTING is required

For morning appointment:

No food and drinks after _____ (Time) on _____ (Date).

For afternoon appointment:

Have a light breakfast before _____ (Time).

Eg. Two (2) slices of bread with tea or coffee without milk.

Fasting is required after breakfast (no food and no drink).

Medication Advice

High Blood Pressure - Continue medication as prescribed, take with sips of water. _____ (Date & Time)

Blood Thinning Medication - _____ (Drug Name)

Stop _____ days before procedure, from _____ (Date) onwards.

Diabetic Medication - **Do not** take tablets or inject insulin on the morning of the procedure.

Appointment

Date: _____

Time: _____ am/pm

(Please arrive at the clinic one (1) hour before the appointment time for registration)

Endoscopy Centre

Kent Ridge Wing, Level 4
Zone C, C04-03
Tel: 6772 6388

**Colorectal Centre
NUH Medical Centre**

Level 16, Zone B
Tel: 6772 2230

**14b Digestive Centre
NUH Medical Centre**

Level 14, Zone B
Tel: 6772 8239

University Digestive Centre

Kent Ridge Wing, Level 4
Zone C, C04-01
Tel: 6772 2507

On the Day of Procedure

Please bring along:

- Appointment letter
- NRIC/ Passport/ Work Permit/ Employment Pass
- Civil Service Card or other medical benefits card
- Medisave form signed by account holder, together with his/ her NRIC or photocopy of NRIC (front and back)
- Letter of guarantee from company/ insurance if applicable
- Lens casing and solution if using contact lenses

Do not:

- Wear make up, nail varnishes or jewelry
- Bring any valuables
- Drive to hospital

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital &
Jurong Community Hospital
Alexandra Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



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OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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Content adapted from the University Digestive Centre.

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