

# Gastrosocopy and Variceal Banding

Endoscopy Unit

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



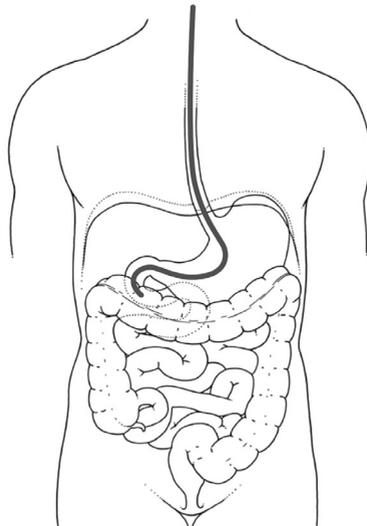
# You have been advised that you should have a gastroscopy and banding of varices in your gullet

This procedure may be undertaken at New Cross Hospital, Wolverhampton or Cannock Chase Hospital, Cannock. Your appointment may be at either site.

This leaflet tells you why you need this procedure, how to prepare for it and what to expect on the day and immediately afterwards. If you have any remaining concerns or queries once you have read the information, then please contact us on one of the numbers you will find towards the end of this leaflet.

## What is a gastroscopy

A gastroscopy allows the endoscopist to look into your gullet (oesophagus), stomach and the first part of the small bowel (duodenum).



The gastroscope is a long flexible tube (thinner than a finger) with a bright light at the end. It is passed through your mouth, down your oesophagus, into your stomach and duodenum. The endoscopist can see if you have varices and if they need treating.

## **What are varices?**

Varices are large veins in the gullet that can become enlarged. The main risk is that these veins can bleed.

## **What are the benefits of variceal banding?**

The first sign of bleeding varices is usually vomiting blood which can make you unwell. An effective way of treating them is to apply a small rubber band over veins which stops them bleeding and makes them shrivel away. This may need to be repeated on several occasions if there are multiple enlarged veins.

## **When do I need to have the procedure?**

If the varices bleed then we may need to deal with them as an emergency. However, if we know about them they can be dealt with before they cause problems. Once you have undergone the procedure your endoscopist will advise if you will need a repeat gastroscopy to check if the treatment has been successful. You may need to have further treatments.

# Consent

You will be asked to sign a consent form to give permission to have the test done. The consent form may be completed in clinic, or be sent to you with the appointment details. Please read all the information on the consent form. You will be asked to consent to having the procedure, but we also need your permission to retain and store in the laboratory any tissue samples removed at the time of endoscopy if this is necessary.

**If you have no questions, it is important that you sign the consent form at home at least one day before the test; otherwise this will be done prior to the test after you have spoken to a nurse or doctor.**

**Please bring the consent form with you to your appointment.**

## What do I need to do to prepare for the procedure?

Your stomach must be empty during the gastroscopy. Please do not have anything to eat for 6 hours before your appointment. You can drink water until 2 hours before your appointment.

Some patients may need to adjust their regular medicines before the procedure can be done. Therefore if you take any of the following:

- **Anticoagulant** tablets (such as Warfarin, Rivaroxaban, Dabigatran Apixaban or Edoxaban)
- **Antiplatelet** drugs (such as Clopidogrel, Prasugrel or Ticagrelor)

**Or if you are a DIABETIC, please telephone 01902 694191 (New Cross) or 01543 576736 (Cannock) and speak to a Nurse on the Endoscopy Unit as soon as you have an appointment confirmed.**

You should take all other tablets as normal with a sip of water.

## What will happen on the day?

When you arrive at the endoscopy unit please report to reception and you will then be asked to take a seat in the waiting area.

A Nurse will invite you into an office to ask you questions about your health, explain about the procedure and find out what arrangements you have made for going home. You will have the chance to ask any questions that you may have. You will also have the opportunity to confirm the details on your consent form with a Nurse or your endoscopist.

Please bear in mind there may be a slight delay before you are taken through for your procedure, however, a relative or friend is more than welcome to wait with you.

## In the examination room

Before the gastroscopy is done you will be asked to remove your glasses, (contact lenses can stay in) and to remove any false teeth (a denture pot is provided). Outer clothing such as coats and jumpers will need to be taken off. The gastroscopy is performed after you have chosen whether to have a local anaesthetic spray to your throat and / or a sedative injection.

## Local anaesthetic spray

This is sprayed to the back of your mouth and you are asked to swallow. After a few seconds it will start to make your throat feel numb.

Having the spray makes it more comfortable when the gastroscope is passed down through your throat. After the gastroscopy you will have to wait one hour before you can eat or drink.

# Sedation

This is an injection given into a vein in your hand or arm to make you feel drowsy and relaxed. Some people do not have any memory of the gastroscopy being done. After the procedure you will be kept in the recovery area lying on a trolley until you are fully awake.

It is very important that you have an adult to accompany you home (by car or taxi) and for an adult to be with you until the next day.

It is strongly recommended that you do not drink any alcohol, do not drive any vehicle, do not operate any machinery, sign any legal documents, or return to work for 24 hours. This is because the effects of the sedation last this long.

Sometimes sedation may not be advisable because of other health problems.

# The Gastroscopy

A nurse will stay with you throughout the gastroscopy. You will be made comfortable lying on your left side on a trolley. A mouth guard will be placed between your teeth (or gums); this keeps your mouth slightly open and prevents you from biting the gastroscope. The nurse will hold this in place. You will be given some oxygen to breathe through a small plastic tube in your nostrils. Throughout the gastroscopy a monitor is placed on your finger to check your pulse and oxygen levels.

The endoscopist will pass the gastroscope over your tongue to the back of your throat. The gastroscope will then pass into your gullet, stomach and duodenum.

You may feel the gastroscope move inside you and you may feel full of air and bloated. This is because air is blown into your stomach to ensure good views are seen.

During the procedure, the nurse, using a sucker similar to the dentist, will remove any saliva collecting in your mouth. Once the varices are identified rubber bands can be applied to them, using special equipment.

As soon as the gastroscope is removed, the mouth guard is taken out of your mouth and the procedure is over.

## After the Gastroscopy

If you have had local anaesthetic throat spray you will have to wait 1 hour before you can eat and drink. Please tell us of any specific dietary requirements at least 24 hours prior to your procedure.

If you have had sedation, you will be cared for in the recovery area on the trolley until you are fully awake and it is safe for you to go home. This may be between 1 and 2 hours. You will have some written instructions to take home and remember you will need to have an adult to accompany you. You may find swallowing a little painful for a few days after banding and therefore we would recommend soft foods.

## When will I receive the results?

The endoscopist will usually give you the results before you go home. If you have had sedation you may not remember all that has been said to you, however, the results can be given to you by your general practitioner or at clinic. The nurse will advise you how to obtain your results.

## Are there any alternatives to banding?

Having a gastroscopy and banding is the only way to treat varices.

Occasionally it is difficult to apply the bands and so an injection of solution to shrink the veins can be used to treat the varices.

## What are the risks of the procedure?

The majority of gastroscopies are safe and uncomplicated. As with any procedure, there is a small chance of side effects or complications.

- You may have a sore throat or have a bloated sensation caused by blowing air into the stomach. This will settle within a few days
- National studies have shown that serious complications, such as bleeding or causing a tear in the gullet or stomach, are very rare
- Rarely there are occasions when bands can cause ulceration or bleeding to require admission to hospital.
- Missed lesions: Although this procedure is being undertaken to provide endoscopic treatment for your underlying condition it is also the best test to detect any other abnormalities. However, no test is perfect and there is a small risk that we may miss other lesions including polyps and rarely cancers.

Studies have shown that banding varices is safer for you than leaving things as they are and doing nothing.

Severe complications are rare, but may require emergency admission, repeat endoscopic procedure, surgery, blood transfusion or, in extremely rare circumstances, result in death.

## Information for women of child bearing age

If you are pregnant or think that there is a possibility you could be pregnant, please contact the endoscopy unit on the telephone number at the front of this booklet as soon as possible.

We will need to discuss your individual circumstances as it may be necessary to cancel or delay your appointment.

## Training

The Royal Wolverhampton NHS Trust is a Regional Centre for Endoscopy Training. You may be asked if you would be willing to be examined by a trainee consultant / trainee nurse endoscopist.

All trainees are under the direct supervision of an expert endoscopy trainer until they are fully competent, the trainer is there to ensure your safety and comfort. With your help it will be possible to train the specialists of the future.

# Clinical Photography

Clinical Photography is the visual recording of clinical conditions for use in your patient record. They are used by health care professionals to help monitor your clinical condition and are often used in the treatment planning process along with other tests such as X-rays, scans and blood tests, etc.

With your permission, clinical photographs can also be used for teaching doctors, nurses and other medical professionals, as well as research, audit and quality assurance purposes.

**If you require any further information, please contact us on one of these numbers:**

**Endoscopy Booking Office**

01902 694052 or 01902 694057

Monday to Friday 08:30 to 16:30

**Or visit the website:**

<https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/gastroenterology/>

## Useful External Agencies:

### **Guts UK**

The Charity for the Digestive System.

3 St Andrews Place

London

NW1 4LB

Tel: 020 7486 0341

email: [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk)

<https://gutscharity.org.uk/>

### **PALS (Patient Advisory & Liaison Services)**

Patient Information Centre New Cross Hospital Wolverhampton,

WV10 0QP Telephone: 01902 695362 email: [rwh-tr.pals@nhs.net](mailto:rwh-tr.pals@nhs.net)

[www.pals.nhs.uk](http://www.pals.nhs.uk)

Open: Monday to Friday 09:00 until 17:00

### **British Liver Trust**

6 Dean Park Crescent

Bournemouth

BH1 1HL

Telephone: 0800 652 7330

email: [info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk)

[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。