

## Surgery and Cancer Division – General Surgery

### Gastroscopy

#### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

#### Guidance for Patients

Your GP/Consultant has recommended a Gastroscopy, a procedure to look inside your oesophagus (gullet), stomach and first part of the intestine (duodenum) using a thin, flexible camera (endoscope). The procedure is sometimes called upper gastrointestinal endoscopy.

Common indications for having a gastroscopy include suspected bleeding (anaemia), weight loss, swallowing difficulties, persistent indigestion, surveillance of certain conditions like Barrett's oesophagus and abnormalities seen on other tests which require confirmation.

While waiting for your procedure your doctor may recommend alternative treatment to support your symptoms. This may include lifestyle and diet changes or medication.

You will be provided with a written information leaflet that details specific instructions relating to your gastroscopy and your medications.

#### 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 will be able to direct you to the appropriate service to determine a management plan.

#### Contact Us

Procedure Date - Please contact the Endoscopy Scheduling Team at Leighton Hospital

For other advice please contact Consultant's PA via Leighton Hospital Switchboard

[MCHTPatientHelpline@mcht.nhs.uk](mailto:MCHTPatientHelpline@mcht.nhs.uk) and **01270 826400**