

## CONSENT

You will find a Transmissible Spongiform Encephalopathy (TSE/CJD) Exposure Assessment Form as part of the information which has been sent out to you. Please ensure you read this form carefully, fill it in, sign and date it and **bring the form with you for your appointment.**

The Doctor will sign the consent form for the procedure with you prior to your procedure once you understand and agree to the procedure.

## WHAT HAPPENS DURING THE PROCEDURE?

A nurse will stay with you throughout the examination. A throat spray will be given to numb your throat. You will lie on your left side. Conscious Sedation will be given if desired. A plastic and flexible mouthpiece will be placed between your teeth, this helps to keep your mouth slightly open to enable the tube to be passed.

During the test, air will be put into the stomach which enables a better view. Because of this you may feel some discomfort or a bloating sensation during the procedure.

The Endoscope does not in any way interfere with your breathing, you can breathe normally. Biopsies (small pieces of tissue) may be taken during your procedure for further examination in the laboratory.

Polypectomies may be carried out to remove polyps which are growths in the lining of the gastrointestinal tract by using biopsy

instruments. A repeat procedure may be required if polyps are found depending on the laboratory results.

The examination usually takes between 10-15 minutes. Following your procedure you will be brought to the recovery area.

## FOLLOWING THE EXAMINATION

If you have not received sedation you may go home unescorted as soon as follow up instructions have been given by the nurse. If you have received sedation you will be observed in the recovery area for at least one hour until the effects of the sedation have worn off.

The nurse looking after you will call your escort home at this point and inform them of the exact time you will be ready to be collected.

You are **NOT** allowed to drive or travel home unaccompanied for your own safety.

When you have sufficiently recovered you will receive a light snack. (Tea/Coffee and biscuits). A nurse will speak with you prior to discharging you and go through your procedure results.

Urgent follow up appointments will be arranged before you leave the unit otherwise an appointment will be posted out to you if needed. You will be provided with a follow-up care information leaflet.

## PRE ASSESSMENT NURSE

If you have a medical query prior to your procedure please call (01) 416 2137 and you will be able to speak with a nurse.



## Patient Information Leaflet

## OGD/Upper Endoscopy

An upper endoscopy allows the doctor to examine the lining of the upper part of your gastrointestinal tract. This includes the oesophagus, stomach and duodenum (first part of the small bowel). The Doctor will insert a thin flexible tube called an Endoscope through your mouth.

**Please note:** the time on your appointment letter is the time to register at the reception desk; not your procedure time. Medical procedures can vary greatly in time therefore delays may occur. Other delays may occur due to circumstances beyond our control.

## PREPARATION REQUIRED FOR THE EXAMINATION

Your stomach needs to be empty for this procedure, so please do not eat or drink 6 hours before your appointment time.

For morning appointments – please do not eat or drink after midnight

For afternoon appointments – please do not eat after midnight and do not drink after 07:00 am on the day of your procedure.

If you have a known **Bleeding Disorder** and attend the NCHCD in St. James Hospital please ensure you contact the Centre on (01) 416 2141. This is to make them aware of the date of your procedure to organise any pre procedure treatment if necessary.

If you are under 16 years of age you must be accompanied by your parent or guardian. They will be required to give written consent to the procedure being carried out on you.

If you are having sedation for your procedure it is essential that you can provide a telephone number and name of a friend /relative who we may contact to collect you following your procedure, otherwise your procedure may be cancelled.

Going home by Taxi on your own is not allowed following sedation.

Please do not bring valuables with you on the day of the examination i.e. jewellery or money.

Please remove all nail polish/shellac/ two-week

manicure from your finger nails prior to attending for your procedure.

### WILL YOU BE SEDATED?

Many patients choose to have the test performed without sedation, with a local anaesthetic spray to the throat used instead. The advantage of having no sedation is that you can go home unattended shortly after the test. Otherwise the procedure will be performed under **conscious sedation**.

### WHAT IS CONSCIOUS SEDATION?

Conscious sedation is a combination of medicines to help you relax and block pain. An injection is given into a vein to make you feel relaxed and sleepy, but not **unconscious**. This means you may or may not be aware of the procedure. Patients who receive conscious sedation are usually able to speak and respond to verbal cues throughout the procedure. This allows patients to communicate any discomfort they experience to the endoscopist. Generally no discomfort should be experienced. You will be monitored for signs of discomfort and your level of sedation will be adjusted if necessary. A brief period of amnesia may cause you to completely forget the procedure.

### MEDICATIONS (TABLETS)

Please bring a list of your medication with you on the day of your procedure.

Take essential medication (including inhalers and nebulisers) with a small amount of water on the day of your procedure.

If you are allergic to any medication please ensure you have the name of the medicine you are allergic to. Please inform nurse on the day of your procedure of any allergies you may have. If you are taking any **PPI** (tablets for acid in the tummy) e.g. Nexium, Omeprazole, Pantop, Protium, please stop taking them for 10 days prior to your examination unless you have known Barrett's Oesophagus.

If you take **Aspirin** please ensure you do not take it on the morning of your procedure.

If you take any other **blood thinning tablets** i.e. Plavix/ Clopidogrel/ Effient/ Brilique/ Warfarin/ Dabigatran/ Xarelto/ Eliquis please contact the pre assessment nurse on (01) 4162137 at least 10 days prior to your procedure for advice.

If you are a **Diabetic** please contact the Diabetic centre you attend or your GP/ practice nurse. They will give you advice re taking your diabetes medication whilst preparing/fasting for your procedure.

### RISKS

The risks associated with this test are rare but can include complications such as perforation, bleeding and reactions to medications.

These complications may require urgent treatment and even surgical intervention (an operation). The Doctor performing your procedure will explain the risks associated with the procedure as part of the consent process.