

INFORMATION FOR PATIENTS

Referral from a GP to the Upper Gastrointestinal (UGI) pathway

Introduction

Your GP has referred you to Sherwood Forest Hospitals on an accelerated pathway for problems you are experiencing with your UGI tract.

You can choose to attend King's Mill or Newark Hospital but we would appreciate you making yourself available for the soonest appointment we have available which may be as soon as the next working day. The referral information will determine whether you require an out-patient appointment or a direct appointment in the Endoscopy department for a Gastroscopy. **If this is a direct to Gastroscopy appointment we will be contacting you as soon as we know to establish some details relevant to your hospital attendance.**

Our appointment contact number is 01623 622515 Endoscopy department

What happens when I attend for my appointment?

No preparation is required if you are attending the out-patient department but you will need to read the Gastroscopy information leaflet if you are going directly to Endoscopy. You might wish to bring a friend or relative with you for support but this is essential if you require sedation for the Gastroscopy procedure. **Not all patients are suitable for sedation but this can be discussed with the Endoscopist who will be performing the procedure.**

Are there any risks or side effects involved?

A Gastroscopy procedure involves a camera being placed into your mouth and passed down the oesophagus (food pipe) and into the stomach to visualise the lining. It may also involve small samples of tissue known as biopsies being taken to be looked at under a microscope.

Following the guidance for eating and drinking is important for the test to be done.

Other risks and side effects are included in the information leaflet and will be discussed when obtaining your written consent at the time of the test.

Are there other tests that could be done as an alternative to a Gastroscopy?

A barium swallow could be performed but if this reveals any concerns you will then require a Gastroscopy and biopsy so these tests are not routinely performed and are not an ideal test for your symptoms.

How do I obtain the results of my Gastroscopy?

The results of your Gastroscopy will be discussed with you following the procedure before you are discharged. You will also be given these results in the form of a report to take away with you and a copy sent to your GP the same day. If biopsies have been taken the Endoscopist will write with the results once these results are available. You may also be given contact numbers for the Nurse Specialists in this speciality.

Further investigations required.

Occasionally the Endoscopist may feel that you need further investigations following the Gastroscopy. These may include a **Colonoscopy** (a camera test to look at the large bowel) or / and a **CT scan**.

The Colonoscopy test will be booked but not performed before you leave the Endoscopy department as medication is required to clear the bowel prior to the test.

However if a CT scan is required this may be able to be performed on the same day. **In this situation the Endoscopy department will contact the CT department and you may be directed to attend on the same day if this is before 3pm.**

This type of scan will be to look at other areas of the body to provide more information to determine the reason for your symptoms. If this CT scan cannot be done on the same day you will be given an appointment to attend the next day.

A CT scan has a dose of radiation that is higher than a normal x-ray depending on what area of the body is being scanned but it should be remembered that the higher dose examinations are used to diagnose more serious conditions when a greater benefit to the patient is to be expected.

Following the scan a member of the Upper Gastrointestinal Specialist Nursing Team will contact you to advise of the next steps.