

Gastroscopy Patient Information Sheet

You have been scheduled for a gastroscopy (also called upper endoscopy). This is a procedure that allows the doctor to examine the inside of your oesophagus, stomach, and duodenum (first part of the small intestine) using a thin, flexible tube with a light and camera. It is performed as a day-case under sedation and typically takes less than 30 minutes.

Why is Gastroscopy Performed?

Your doctor may recommend a gastroscopy to investigate:

- - Persistent heartburn or acid reflux
- - Difficulty swallowing
- - Unexplained upper abdominal pain or bloating
- - Nausea, vomiting, or suspected ulcers
- - Unexplained anaemia or low iron levels

Preparing for Your Gastroscopy

- Do not eat or drink anything (including water) for ****at least 6 hours**** before your procedure.
- If you take medications, you may take them with a small sip of water unless otherwise instructed.
- Please inform us if you are on blood thinners, insulin, or have known allergies to sedation medications.
- Arrange for someone to drive you home, as you will not be allowed to drive after sedation.

On the Day of the Procedure

- You will be admitted to the endoscopy unit and seen by the anaesthetist.
- The procedure is done under light sedation, and most patients do not remember it.
- The endoscope is passed through the mouth and guided gently down into the stomach and duodenum.
- Biopsies may be taken if needed—this is painless.

After the Procedure

- You will be monitored in recovery for 30–60 minutes.
- You may feel bloated or have a mild sore throat for a few hours.
- You can resume eating once fully awake unless told otherwise.

- A written report will be provided, and any biopsy results will be discussed at follow-up.

Contact Us

If you have any questions or concerns, please contact WA Surgery prior to your procedure.