

Endoscopic examination of esophagus, stomach and duodenum (Gastroscopy)

Gastroscopy is an examination of the esophagus, stomach and duodenum, using a flexible scope that is passed down through the mouth. To unfold the stomach, air is blown into the stomach. The examination is performed to reveal if there are changes in the stomach or esophagus (ulcer, inflammation, esophageal hernia, narrowing or cancer).

Preparation

You must fast, this means that you must not eat solid food 6 hours before and drink fluids 2 hours before the examination. Dairy products (milk, yogurt and cream) count as food and should not be ingested 6 hours before the examination.

If you are given medication that you cannot do without, you can take this medication with a little water in the morning before the examination. If you receive insulin, please call and make a special appointment.

The examination

Before the examination, you can get a local anesthetic spray in the throat so that you can swallow the hose more easily.

The examination takes place in the left side position. The endoscope are inserted into the mouth, after which you are asked to make a few swallowing movements so that the binoculars can get down into the esophagus. There is plenty of room to breathe both through the nose or mouth. The esophagus, stomach and duodenum are then examined. With a small pair of pliers that is passed down through the endoscope, a tissue sample can be taken for further examination without any pain.

The examination lasts 3-5 minutes. Most patients find the examination mild to moderately uncomfortable due to vomiting reflexes.

After the examination

If you have been given a local anesthetic in your throat, eat and drink only 1 hour after the examination. You will get the result of the survey immediately. If tissue samples have been taken, a response is available after 14 days.

Complications

A gastroscopy is a fairly safe examination. In extremely rare cases, complications may occur in the form of bleeding, or hole in the esophagus, stomach or duodenum. Should bleeding, vomiting, black stools, severe abdominal pain or fever occur, contact the clinic immediately. Outside opening hours, the emergency doctor or emergency room must be contacted.