



Gastroscopy and Small Bowel Biopsy

Parent/Caregiver Appointment Information



Your child's consultant has requested that you bring your child into hospital for a *Gastroscopy* under a general anaesthetic.

An appointment has been made for your child:

Day Date Time

Please confirm this appointment as soon as possible by texting or phoning 027 632 8627 during normal working hours. Please complete the attached admission form and questionnaire and return them to the Arranged Admitting Office in the envelope provided.

What is a Gastroscopy?

This is a safe procedure, which involves inserting a thin, very flexible tube through the mouth allowing very small samples of the oesophagus (gullet), stomach or small bowel to be obtained. These samples are then sent to the laboratory for examination. As your child is anaesthetised, they will not know what is happening or feel anything at all.

Complications

It is possible for the gastroscopy to damage the wall of the gullet or stomach, or cause bleeding. This is extremely rare.

Eating and drinking instructions prior to procedure

It is important that your child's stomach is empty for the general anaesthetic.

The standard fasting guideline for most children having anaesthesia is to:



Stop solid food for 6 hours prior to the procedure. For children less than 12 months stop breastmilk or formula 4 hours before the procedure.



Continue clear fluids up until 2 hours before anaesthesia, then have nothing by mouth.

What are clear fluids?

Clear fluids are fluids containing water +/- sugar that you can read a newspaper headline through. They include water, cordial, clear fizzy drinks, and dilute juices (with no pulp).

Milk is not a clear fluid.

Day of procedure

- On the day of the procedure, report at am to the Day Surgery Unit, 1st floor, Christchurch Women's Hospital.
- Car parking is currently restricted so please allow enough time to locate a car space before your appointment.
Hospital car parking information can be found at www.cdhb.health.nz/parking
- Please bring all the medications that your child is taking.

After the procedure

- After the gastroscopy, some children may experience a slightly sore throat which resolves quickly. Panadol can be given to relieve any discomfort. The child may also complain of some abdominal discomfort and bloating, which is due to air having been put in the stomach as part of the procedure. This will soon pass.
- Light breakfast and fluids will be provided for your child after the procedure. Discharge is normally within 2-4 hours of the procedure but may be delayed due to specific post anaesthetic instructions.
- Please make sure that you are able to stay in the Day Surgery Unit for this length of time until your child is able to go home.
- Nursing staff will ensure that follow-up has been organised before discharge.
- If you have any problems or concerns following discharge please phone 364 0732 before 4.30pm or the Children's Acute Assessment Unit on 364 0428 after 4.30pm

PLEASE CONTACT US WITH ANY QUERIES RELATING TO THESE INSTRUCTIONS

by phoning 364 0732 before 4.30pm

or

the Children's Acute Assessment Unit on 364 0428 after 4.30pm

