












## Patient Information and Consent to: Enteroscopy




### Information pack code:

(Department – 1<sup>st</sup> 3 letters / Procedure – 3 letters / month & date for review – 4 numbers e.g. ORT THR 0714)

A	<b>About Enteroscopy</b>
	<p>An Enteroscopy is a procedure that allows the endoscopist to look directly at the lining of the upper gut in particular the area beyond the stomach known as the small bowel or small intestine. The procedure involves passing a narrow flexible instrument through your mouth, into the gullet (oesophagus) and then into the stomach, duodenum and beyond to examine the lining. This allows us to see if there are problems such as ulcers or inflammation. The procedure can take between 5 and 10 minutes.</p> <p>Sometimes it is helpful to take a biopsy – a sample of the lining. A small instrument called forceps passes through the gastroscope to 'pinch' out a tiny bit of the lining (about the size of a pinhead). This is sent to the laboratory for analysis. Most people find this completely painless.</p>
B	<b>Intended Benefits</b>
	<p>Enteroscopy is used to assist in the diagnosis and treatment of upper gastrointestinal symptoms; to take biopsies and remove polyps. In some patients gastroscopy is used for screening and as an aid in the follow up care and management of patients with other GI conditions.</p>
C	<b>Who will perform my procedure / treatment?</b>
	<p>Your procedure will be carried out by a qualified endoscopist, this is usually a consultant but occasionally your procedure will be performed by one of the specialist GP's who visit the department.</p> <p>All trainees are supervised by a competent endoscopist who is trained to teach the procedure.</p>
D	<b>Alternative procedures or treatments that are available</b>
	<p>X-ray procedures such as Barium swallow may be one alternative. This will be discussed with you at the time your doctor refers you for this test.</p>
E	<b>Significant, unavoidable or frequently occurring risks of this procedure / treatment</b>
	<p>Enteroscopy involves a very small risk (1 in 1,000 cases) of haemorrhage (bleeding) or perforation (tear) to the gut following which surgery may be necessary. This risk is higher when it is necessary to pass the enteroscope further down the small intestine.</p> <p>There may be a slight risk to teeth, crowns or dental bridgework. You should tell the nurses if you have any of these. Other rare complications include aspiration pneumonia (inflammation of the lungs caused by inhaling or choking on vomit) and an adverse reaction to the intravenous sedative drugs.</p>
F	<b>What will happen before your procedure</b>
	<p>Wear loose fitting washable clothing and leave valuables at home.</p> <p>On arrival at the department, we will explain the procedure to you and ask you to sign a consent form. You can change your mind about having the procedure at any time</p>

	<p><b>Intravenous sedation:</b> We will give you a sedative (by injection into a vein) to make you feel relaxed and sleepy. The sedative will not put you to sleep (this is <b>not</b> a general anaesthetic). This option means you may not be aware of the procedure. The disadvantages to this option are:</p> <ul style="list-style-type: none"> <li>• You will need to stay whilst you recover which may take up to an hour or more.</li> <li>• You will need to be escorted home.</li> <li>• The injection may continue to have a mild sedative effect for up to 24 hours and may also leave you unsteady on your feet for a while.</li> </ul>
	<p><b>Smokers are strongly advised to stop smoking before this procedure.</b> For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on <b>0800 169 0 169</b></p>
<b>G</b>	<p><b>What will happen during your procedure</b></p> <p>In the procedure room, we will ask you to remove false teeth, glasses and hearing aids in the left ear. We will make you comfortable on a couch lying on your left side. The endoscopist will give you the injection and/ or throat spray. We will put a plastic guard into your mouth so that you do not bite and damage our instrument. We will also put a plastic 'peg' on your finger to monitor your pulse and oxygen levels. For your comfort and reassurance, a trained nurse will stay with you throughout.</p> <p>As the scope goes through your mouth you may gag slightly, this is quite normal and will not interfere with your breathing. During the procedure, we will put some air into your stomach so that we have a clear view; this may make you burp and belch a little. This is also quite normal but some people find this unpleasant. We will remove the air at the end of the procedure. Minimal restraint may be appropriate during the procedure. However if you make it clear that you are too uncomfortable the procedure will be stopped.</p>
<b>H</b>	<p><b>What will happen after the procedure</b></p> <p>If you are given a <b>throat spray</b> you may go home immediately after the procedure. We advise you not to have anything to eat or drink until the numbness has worn off, which is usually about half an hour. After this, you can eat and drink normally.</p> <p>If you have <b>sedation</b>, we will take you to a recovery area while the sedation wears off. We will always do our best to respect your privacy and dignity, for example with the use of curtains. If you have any concerns, please speak to the department sister or charge nurse.</p> <p>When you are sufficiently awake, we will give you a drink, you can then go home. We advise you not to drive, operate machinery, return to work, drink alcohol or sign any legally binding documents for a 24-hour period after the procedure. We also advise you to have a responsible adult stay with you for the next 12 hours.</p> <p>Afterwards, the back of your throat may feel sore for the rest of the day and you may feel bloated if some of the air remains in your stomach. Both these discomforts will pass and need no medication.</p>
	<p><b>Eating and drinking</b></p>
	<p>When you are sufficiently awake we will get you a drink and something to eat. Once discharged you can eat and drink as normal.</p>

	<b>Getting about after the procedure</b>
	If you have sedation we advise that you take the lift down to the lower floor as due to the medication you may feel slightly dizzy and have reduced awareness.
	<b>Leaving Hospital</b>
	If you have sedation it is essential that you are escorted home by a responsible adult who will need to attend the unit to collect you, unless you are on hospital transport. If you have no sedation you may leave once your discharge paperwork has been completed.
	<b>Resuming normal activities including work</b>
	If you have sedation we advise that you refrain from normal activities for 24 hours after the procedure due to the medication. If you have the test without sedation you can resume your normal activities.
	<b>Special measures after the procedure</b>
	<p>If sedation is given we advise you not to drive, operate machinery, return to work, drink alcohol or sign any legally binding documents for a 24 hour period after the procedure. We also advise you to have a responsible adult stay with you for the next 12 hours. If you have no sedation no special measures are required</p> <p>If you experience any of the following please contact your GP, the Endoscopy Department 01553 613760 within working hours 0800-1800 or the Emergency Department for further advice:</p> <ul style="list-style-type: none"> <li>• severe pain</li> <li>• black tarry stools</li> <li>• persistent bleeding</li> </ul>
N	<b>Anticoagulant –Blood thinning medications</b>
	<p><b>Oral Anticoagulants include:</b> Warfarin, Apixaban-(Eliquis), Dabigatran-(Pradaxa) and Rivaroxiban-(Xarelto) or similar Anticoagulant drugs.</p> <p><b>Antiplatelet Drugs include:</b> Aspirin, Clopidigrel-(Plavix), Ticagrelor-(Brilique), Prasugrel-(Efient), Dipyridamole-(Persantin) and Tirofiban-(Aggrastat) or similar Antiplatelet drugs.</p> <p><b>If you are on any anticoagulation and or antiplatelet medications please:</b> advise the endoscopy unit on 01553 613192. Your consultant will advise the coagulation team if the Warfarin or other medication needs to be stopped and the clinic will be in touch to arrange this. Instructions will be given regarding the starting of the medications after the procedure by the coagulation team and your consultant.</p>
	<b>Check-ups and results</b>
	Where possible all results will be given on the day of your procedure, however if biopsies are taken these can take up to a week for results. You will be notified by letter or at an out patients appointment of the results.

	All follow up appointments will be sent through the post.
	<b>Information and Support</b>
	<p>Please feel free to speak to a member of staff if you have any questions or anxieties.                  If you have special needs such as learning disability or cognitive impairment we have specialist staff that can support you. Please let us know</p> <p><b>PATIENT ADVICE AND LIAISON SERVICE</b>                  If you have any concerns or queries about the hospital, your treatment or need support or assistance, please contact our Patient Advice and Liaison Service. They are here to help.  <b>Tel: 01553 613351</b>                  Email: pals@qehkl.nhs.uk</p> <p>FURTHER INFORMATION can be Obtained from these websites:</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p><a href="http://www.dvtsafetyzone.co.uk/">www.dvtsafetyzone.co.uk/</a>  <a href="http://www.nice.org.uk/">www.nice.org.uk/</a>  <a href="http://www.patient.co.uk/">www.patient.co.uk/</a></p> </div>
	<b>Privacy and Dignity</b>
	We will always do our best to respect your privacy and dignity, such as the use of curtains. If you have any concerns, please speak to the department sister or charge nurse.
	<b>Help with this leaflet or communicating with staff</b>
	If you would like help with this or any other information; in <b>large print</b> , in audio format or need assistance with translation / language services please ask the department staff
	References: Addenbrookes Gastroscopy patient leaflet