

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

Welcome to the Endoscopy Department

Information for Patients



The Endoscopy Department is a dedicated area where medical procedures are performed with endoscopes (cameras).

Endoscopes can be used to collect tissue samples (biopsy) to test for diseases and conditions such as anaemia, bleeding, inflammation, diarrhoea, or if you have a suspicious area that might be cancer.

About us

We are a dedicated team of consultants, clinical endoscopists, specialist nurses, nurses, healthcare assistants and administration staff.

For more urgent care we have three teams of specialist nurses:

- The inflammatory bowel disease team and Cancer Macmillan team for cancers of the stomach and bowel.
- An aftercare service for urology and bronchoscopy detected cancers.

Other services we offer are:

- **Manometry** – A test that shows whether your oesophagus is working properly.
- **Breath tests** – A test that shows whether you have an intolerance to lactose, or a different breath test can show if you have helicobacter bacteria in your stomach.
- **Capsule endoscopy** – A test that shows the small bowel or large bowel via small cameras swallowed.

Six steps to admission:

1. Please note that your appointment time is NOT the procedure time. Your appointment time is for your admission to the department by the endoscopy nurse.
2. It would help us if you bring along a list of tablets you are taking, or bring your prescription from your GP.
3. Please bring your consent form if you were given one prior to your appointment.
4. You will be weighed and your temperature, blood pressure and heart rate will be checked. If you are diabetic your blood sugars will be checked.
5. You will get changed into a hospital gown and hospital dressing gown. Please bring a bag for your clothes.

You are now ready for your test and will go to the waiting room.

We have up to three procedure rooms running, all doing different procedures that take different lengths of time, therefore other patients may come and go quicker than you. Please remember that emergency inpatients do take priority if necessary and may delay your wait.

You will get the results from your test today; if further tests are required you will be informed today. If routine biopsies are taken you will be contacted by your consultant's team as soon as they have your results, which can take up to three weeks.

You may have a wait of around one to three hours. This is due to other patients who may need therapeutic or emergency treatment.

We have separate waiting rooms for male and female patients. Each of these have comfortable chairs and a television.

Eating and drinking

If you are having a camera test into your bottom, lungs or stomach, please do not eat or drink anything while waiting in reception.

If you are having a camera test into your bladder, you can eat and drink as normal.

Diabetic information - speak to your own diabetic nurse for advice.

Comfort

• **Entonox (gas and air)** - For a colonoscopy, Entonox is a good option. It acts as a relaxant and is very effective with discomfort as it is quick to act.

There is no mask with this; just a mouth piece and filter, which leaves you in total control as you only take it as you need it. You will be shown how to use this and nurses will supervise you.

Entonox is expelled out of your system very quickly; no after care is needed and there is no prolonged stay in recovery. You are insured to drive and you can go to work as normal.

If you are quite concerned about pain and discomfort during a Colonoscopy but not anxious, then we are able to offer a pain relief alongside the Entonox; this drug (Fentanyl) will help relax you too. This requires a cannula to introduce the drug which is administered into your vein.

You are now not insured to drive for the rest of the day but you can go to work and you can look after dependents.

• **Throat spray** - For a gastroscopy, our popular option is a throat spray, which is a local anaesthetic which numbs the tongue and throat. A gastroscopy is a quick procedure that lasts between 4 and 6 minutes. Barratt's surveillance is a gastroscopy procedure however, the duration is much longer, so we do advise a sedative for this.

• **Sedative** - This is a combination of medicines that **will not** put you to sleep, but lets you stay awake, and helps you relax, which in turn reduces anxiety.

It is a combination of Midazolam (a sedative) and Fentanyl or Pethidine (pain relief). Having a sedative requires you to have a cannula (a thin tube inserted into a vein) so that we can administer the medication. You will be given oxygen as your breathing may slow down and you will require an extended stay of **one hour** in the recovery area.

A sedative can be given for **colonoscopy, gastroscopy and bronchoscopy.**

If you would like sedation, please be aware that you will need to be collected from the department by a friend, family member or carer. You will also need supervision by an adult for 24 hours after your procedure as sedation can affect memory.

Within this 24 hour period you cannot drive, you cannot go to work, you cannot care for any dependents and you are advised not to sign any legal documents or drink alcohol.

- **EUS/ERCP procedure** – This requires a different sedative drug. You will need this and you will require full supervision after your procedure or a hospital stay if you have no care at home. This should all be arranged before the morning of your procedure.

All of the above will be discussed and confirmed during your admission.

Results

After your procedure you will be informed of your results and whether you need any further treatment or tests.

Results of any samples taken will go to the doctor who referred you. You will then be contacted 3-4 weeks after your procedure.

Contact details

If you have any drug or nursing queries, please contact the Endoscopy Dept. KMH on 01623 622515, extension 4076 **OR** Newark 01636 685875

- Monday to Thursday between 8am to 8.30pm.
- Friday, Saturday and Sunday from 8am to 6pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 622515

Newark Hospital: 01636 681681

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222, extension 6101 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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