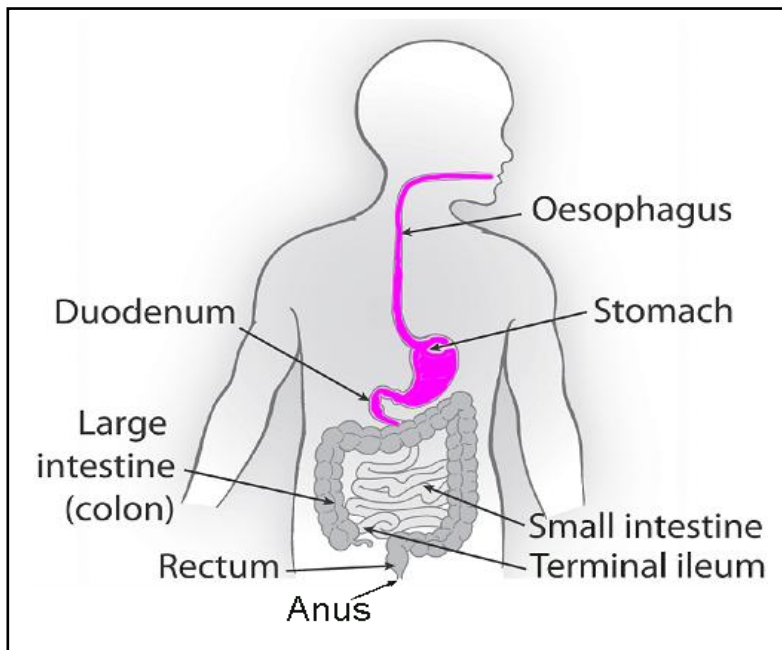


We have arranged an upper endoscopy test for you at the Royal Hospital for Children and Young People (RHCYP). This test uses a slim flexible camera to look inside the bowel. You'll be asleep (anaesthetised) for the whole test so you won't feel or remember anything.

What is the bowel?

Your bowel is the tube which goes from your mouth all the way down to your anus. It looks different in each part as each area does a specific job. The picture shows where these are and the names for the different parts of the bowel.



What is an upper endoscopy?

At an upper endoscopy the endoscopist (that's the person doing the camera test) will look at the upper part of the bowel using the camera. They will start from your mouth and food pipe (oesophagus), then move down to the stomach and the first part of your small intestine (duodenum).

When will my upper endoscopy happen?

You will get a phone call about the test and the date and time, and an email with additional information will be sent to you. Please telephone the number on the information provided as soon as possible if you can't make that date and we can discuss other options.

How long will I be at the hospital?

Even if you are only having an upper endoscopy test you will be at the Crichton Unit (Surgical Admissions Unit: SAU) for most of the day and you will come in at 11:30am and leave around 6pm. If you are also having a colonoscopy test then you may have to arrive a little earlier.

Please check the appointment letter for the time you should arrive. Only very rarely will you have to stay in hospital overnight after the test. If you need to stay, the reasons will be discussed with you. **You should bring an overnight bag just in case.**

How do I get ready in the days before? Do I need to take any medicine?

If you are only having an upper endoscopy then you'll not have to take any medicine to get ready for it. If you are also having a colonoscopy test as well then you will have to take some medicine – please see the colonoscopy information sheet for details.

What can I eat and drink before I come in for the test?

There is a leaflet about this which tells you the times you can eat and drink before the test. You should continue your usual medications as normal except when instructed to stop specific medications by the Gastroenterology (GI) team.

I've got some questions – who should I ask?

If you have any questions, please telephone the gastroenterology secretaries on 0131 312 0431 or 0131 312 0430 from 8:30am to 4:00pm Mon-Fri. You will get a call from the Crichton Unit (SAU) nurse just before the admission to go through some questions. You can also ask any of

the team (doctors, nurses and play specialists) looking after you when you come into the hospital.

What happens on the day?

Upper endoscopy tests usually take place in the afternoon, but sometimes happen in the morning – your appointment letter will tell you when to arrive. The team on the Crichton Unit (SAU) will ask you a few questions and check your weight and height, temperature, pulse and blood pressure. You will have a numbing cream put on your hand (on the skin over a vein) at least an hour before the test so that it's not sore when you get a cannula (tube) placed in the vein to get your anaesthetic.

What is consent?

Consent is understanding what is happening and then giving your permission. The doctors from the gastroenterology and anaesthetic teams will see you on the Crichton Unit (SAU) and explain the procedure, and any risks of the test, even though they are very safe. After you have had the chance to ask as many questions as you like, you (or your parent/ carer) will be asked for permission (written consent) – this means signing the consent document to say it's ok to have the test.

What happens when you are ready for the upper endoscopy?

You will go to the anaesthetic room where the anaesthetist will either put in a small cannula (tube) into a vein in the hand or give you a mask to breathe in the anaesthetic. Once you are asleep, anyone who has come with you (parent/carer) will be asked to leave and they will go back to the ward where they will wait until your test is finished.

What happens after the test?

Just after the test you may be a bit sleepy. The doctor will come to see you later to explain what they saw and any plans that are needed. There are usually no problems afterwards but some young people may complain of a sore stomach, wind and a sore throat. If there is any discomfort we can give you some medicine that will help. Before we allow you home we make sure there are no problems and you are able to eat and drink normally. You should be able to go home around 6pm.

When will I get the results?

We will usually contact you by letter or phone about the results as soon as we can. Usually this can take around two weeks or longer depending on which specific tests have been done.

What if there are problems later?

Phone the RHCYP Emergency Department (ED) if you have any worries. Their number is 0131 312 0007. Explain what test was done, which consultant did the test and what is worrying you.

Your views on our service

We will give you a questionnaire to ask your views on the overall endoscopy experience. This is to help us ensure the service is the best it can be.

Interpretation and translation

You should inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this test as an existing inpatient, the team looking after you will arrange interpreting support for you in advance of this test. This leaflet may be made available in a larger print, Braille or your community language.