

Patient information factsheet

Welcome to the endoscopy unit

This factsheet explains what to expect from your upcoming appointment in the endoscopy unit. We hope it helps to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

About the endoscopy unit

Opening hours

We're open seven days a week, from 8am to 6pm.

Depending on which procedure you are having, we may ask you to arrive at the unit a little before 8am. Please see your appointment letter for more details.

Toilets

There are toilets next to the waiting room (just outside the reception area in the corridor). We will show you where the toilets are in the unit itself when we call you through for your appointment.

Refreshments

It's important that you follow the procedure preparation instructions that we sent you (either with your admission letter or via email if you consented to this), including any restrictions on what you can eat or drink.

Friends and relatives can use the:

- cafe on F level (just above the endoscopy unit)
- Feast restaurant on B level
- cafe and shops on C level (near the main hospital entrance)

Booking in

Please come to the reception desk when you arrive, and then take a seat in the waiting room.

A nurse will collect you from the waiting room and take you to a private interview room where we will admit you and prepare you for your procedure. Depending on which procedure you are having, we may ask you to change into a hospital gown. We ask that friends and family don't wait in the unit, as we only have limited space. For more information about this, please see the 'Can my relatives or friends wait with me?' section on page 3.

When it's time for your procedure, we will ask you to walk into the procedure room.

After your procedure, we will take you to a recovery area where we will monitor you until you are ready to leave. When you are ready, we will offer you some refreshments.

Waiting times

We do everything we can to avoid keeping you waiting any longer than necessary. Every procedure takes a different length of time to complete, so it's hard to give exact timings.

We'll update you regularly as to how long you are likely to be with us. Please be prepared to be with us for the whole morning or afternoon, depending on your appointment time.

We try our best to 'stagger' our admission times in order to keep waiting to a minimum. We realise you are likely to be hungry and/or thirsty as a result of being 'nil-by-mouth' and that this can be difficult. We will offer you refreshments as soon as possible after your procedure is complete.

Reasons for delays

- We may have up to seven procedure rooms working at the same time so sometimes another patient who arrived after you may be called in before you are. This does not mean you have been forgotten, but that the other person is on a different list to you.
- After you arrive, there may be a delay before a nurse collects you. This is likely to be because your nurse is still with another patient.
- We also provide an emergency service and sometimes emergency admissions can impact on your waiting time. We will let you know if this happens.

In all cases, we thank you for your patience and understanding. If you have any immediate concerns or questions, please ask at the reception desk to speak to one of the nurses who will be happy to advise you.

If you cannot attend the appointment date we have given you, contact us as soon as possible on **023 8120 6066**. The more notice you can give us, the more likely it is that we can offer the appointment to another patient.

Your results

Before you leave the endoscopy unit, we will give you:

- your results
- a copy of the procedure report
- advice on how to care for yourself over the next 24 hours
- advice on what to do if you have any problems or need further information

Frequently asked questions

How long should I allow for my appointment?

You should expect to be in the endoscopy unit for up to four hours.

Why will my appointment take four hours?

The four hours includes your admission, nursing assessment, procedure and recovery time.

If we give you sedation (medicine to make you sleepy) during your procedure, the average recovery time is 45 minutes. If we don't give you sedation, you will be free to leave immediately after your procedure.

Please note that your appointment time is when you should arrive at the endoscopy unit, not when you will have your procedure.

Can my relatives or friends wait with me?

We don't usually allow relatives or friends to come through to your appointment with you. Please let us know if you require additional support and we can make alternative arrangements for you.

Please be aware that we have limited space in the waiting room, so we may ask your relatives or friends to wait elsewhere in the hospital. We can contact your relative or friend when you are ready to be collected from the unit.

How should I prepare for my procedure?

The instruction leaflet enclosed with your appointment letter will clearly explain how to prepare for your procedure. If you are uncertain, please contact us using the details at the end of this factsheet.

Do I need to bring anything with me?

Please bring the patient questionnaire with you. You should have received this as part of the paperwork we sent you. Please contact us if you have not received this.

If we have asked you to stay in hospital overnight, you will need to bring your:

- nightwear
- wash kit
- usual medication (in its original packaging)

Do I need to bring someone with me?

If you choose to have sedation, you must arrange for a responsible adult to collect you from the endoscopy unit and take you home after the procedure. You must also have someone to stay with you overnight.

We do not recommend taking long journeys by public transport (bus, coach or train) immediately after your procedure.

What if I don't have anyone to collect me or stay with me overnight?

You must contact us as soon as possible before your appointment using the details at the end of this factsheet, so that we can discuss the options available to you.

Will I be given sedation?

Sedation is available for all procedures, but the common practice is:

- Colonoscopy – sedation is recommended
- Gastroscopy – a local anaesthetic spray to numb the back of your throat is given and sedation is offered
- Flexible sigmoidoscopy – sedation is not routinely given
- Bronchoscopy, EBUS or EUS – sedation is recommended

What does the sedation do?

The sedation will make you feel more comfortable and a little sleepy. It is not an anaesthetic and will not send you off to sleep. However, it can make you forgetful for about 24 hours after the procedure.

How will I feel after the sedation?

You will feel very sleepy at first, then you may feel wobbly and a bit drowsy.

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These feelings will wear off after a few hours. However, your reaction times and concentration levels may be affected for up to 24 hours. For this reason, you should not drive or operate any machinery for at least 24 hours after your procedure. Your motor insurance may be invalid if you drive within this period.

What does the local anaesthetic throat spray involve? (For gastroscopy procedures only)

We will spray the back of your throat with a local anaesthetic spray to numb the area. This will make swallowing the scope a lot easier. However, you will still have the gag reflex. The area will feel numb for about 30 minutes.

If you choose to have the procedure with just throat spray, you will remain fully conscious (aware) throughout the procedure. You will be able to leave the endoscopy unit as soon as your procedure is finished.

To allow your throat to return to normal, you should not eat or drink for up to one hour after your procedure.

Feedback

We always welcome feedback to help us learn about what we're doing well and what could be improved. Before you leave the endoscopy unit, we will ask you to complete a Friends and Family Test card.

Contact us

If you have any further questions about your appointment or investigations, please contact us.

Endoscopy unit

Telephone: **023 8120 6066** (every day, 8am to 6pm)

Useful links

www.uhs.nhs.uk/departments/gastroenterology/endoscopy

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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