

## Endoscopy Centre

The Centre is managed by a team of dedicated and experienced endoscopists. It is equipped with state-of-the-art endoscopic imaging systems and the aim is to provide high quality services in the diagnosis and treatment of diseases of the gastrointestinal tract, biliary and pancreatic system as well as the respiratory system. If necessary, the procedure will be performed under monitored anaesthesia care with the help of our experienced anaesthesiologists to minimise any discomfort he/she might encounter during the procedure.

Patients who choose to undergo consultation and gastroscopy procedure on the same day should fast (do not eat or drink) for six to eight hours before they come to the Centre. Our specialists will tell you right after the procedure what is seen in your upper digestive tract. If biopsies are taken, it will take two to three working days to complete the report. Your specialist or attending doctor will contact you for subsequent follow-up and treatment.

# 內鏡中心 Endoscopy Centre

For enquiries and appointments,  
please contact us at:

### Endoscopy Centre

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### Service Hours (By appointment only)

Monday to Saturday: 8:00 am - 4:00 pm

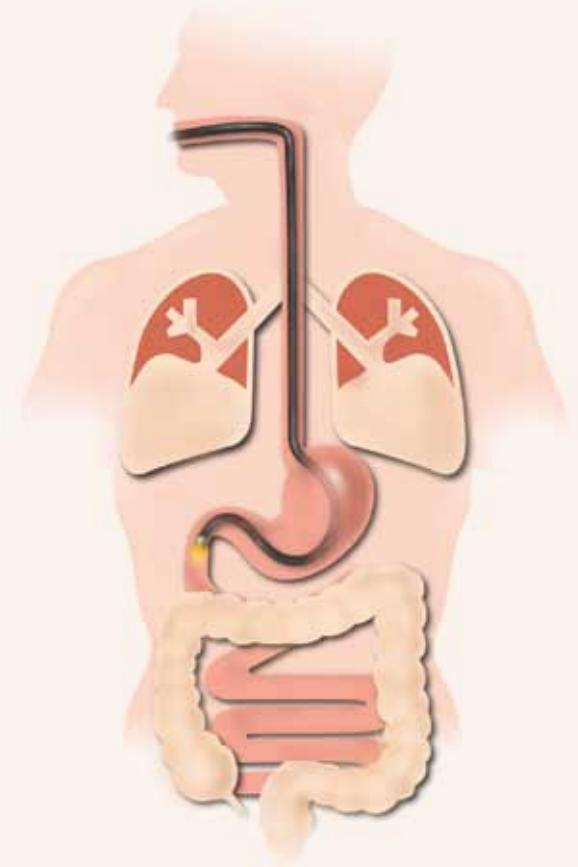
Closed on Sundays and Public Holidays

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## Gastroscopy



養和醫院  
Hong Kong Sanatorium & Hospital

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## Gastroscopy

Gastroscopy is an investigatory procedure which allows the doctor to look at the inner lining of the oesophagus, stomach and duodenum by using a long flexible tube (the size of your little finger) with a tiny video camera and light source at the end that is placed through your mouth. It allows the doctor to detect ulcers, tumours and inflammations in your upper digestive tract and is useful for the diagnosis of bleeding, swallowing problems or abdominal pain.

## Who Should Have Gastroscopy?

The procedure is indicated for:

- Dysphagia
- Recurrent epigastric pain
- Gastro-Esophageal Reflux Disease (GERD)
- Peptic ulcers
- Upper gastrointestinal bleeding (tarry stool)
- Suspected upper gastrointestinal malignancy
- Cancer screening for high-risk group

## Gastric Cancer Screening – Do I Need Gastroscopy?

Gastric cancer is a common form of cancer in Hong Kong. It ranks fourth in cancer fatality with nearly 1,000 new cases every year. The rate of gastric cancer rises along with age. The average age of gastric cancer patients is about 65, but the number of young patients has increased significantly in recent years.

The early symptoms of gastric cancer are not obvious. Many patients may overlook them as upset stomach and take them lightly, thereby delaying diagnosis and treatment. Regular checkups can help prevent gastric cancer. For people aged 40 or above and have a family history of such cancer, annual checkup is advised.

## How to Prepare for the Procedure?

- Do not eat or drink anything for six to eight hours before the procedure.
- Remove dentures before the procedure.
- The procedure can be performed on the same day right after the consultation for patients who have already fasted for six to eight hours.

## What Happens When the Procedure is Performed?

- You might be given a “sedative” through an intravenous (IV) line before the procedure begins. This medication will put you to sleep through the procedure.
- A local anesthetic will be sprayed onto your throat to minimise the discomfort (gagging reflex) when the tube is being introduced.
- You will be asked to swallow at the time the tube is placed into your throat. This will guide the endoscope into your oesophagus. The doctor will gently push the tube so that its end moves into your gullet.
- If a suspicious area is seen on the lining of the stomach or esophagus, the doctor will remove a tiny piece of tissue (a biopsy) for further examination under the microscope.
- The procedure takes only 10 to 15 minutes.
- During the procedure, it is normal to feel some nausea. Relaxation can help facilitate the procedure.

## Must I Do Anything Special After the Procedure is Over?

- If you have not been given IV sedatives, you are advised to rest for at least 15 to 30 minutes. You can leave with doctor’s permission if there is no complication.

- You can drink water one hour after the procedure and resume normal diet if there is no gagging feeling.
- If you have been given sedatives, you must be accompanied by an adult when you leave because the intravenous sedation might make you dizzy. Please do not drive, ride a bicycle, operate any machinery or drink any alcoholic beverage within 24 hours after the procedure.
- You may experience a minor sore throat and/or abdominal distension immediately after the procedure. These symptoms will gradually subside. Please inform your doctor if these symptoms persist.

## Potential Risks or Complications

- Bleeding caused by biopsy taking, polyp removal and endoscopic haemostatic procedure (<0.1%)
- Infection (extremely low)
- Perforation of the oesophagus, stomach, duodenum and small intestine (0.03%)
- Death (0.001%)
- Drug allergies and adverse reaction to anaesthesia/ sedation are extremely rare but may occur.

Surgery, hospitalisation and/or transfusion may be required should any complication occur.

