



# OGD – Oesophago-Gastro-Duodenoscopy

## What is an OGD?

An OGD or Gastroscopy is a special camera investigation of the gullet (Oesophagus), stomach and duodenum. It involves the insertion of a tube called a gastroscope (which is fitted with a camera and a light source) into the mouth and from here into the upper part of your gut the oesophagus, stomach and duodenum (also called the Upper GI tract). The doctor performing the procedure will discuss the test before with you in detail. The aim of the investigation is to inspect the lining of the upper GI tract and inspect it for abnormalities. If abnormalities are found, then biopsies or certain treatments may be carried out for you at the same time.

Alternative investigations may include: Barium meal x-ray test (less information and biopsies not possible) or; Urea Breath Test (only suitable for suspect H.Pylori related Ulcer disease).

If you would like to consider these alternative procedures, then you should discuss this with your consultant.

## Who has an OGD?

An OGD is performed for the investigation of symptoms which are felt to be originating from the upper part of the gut - the oesophagus (gullet), stomach and the duodenum.

Commonly this test is undertaken to investigate symptoms such as pain, indigestion or reflux symptoms. It may also be used to investigate symptoms such as vomiting, especially if blood is vomited.

The aim would be to examine the lining of these organs and determine if a cause can be found for the symptoms you are experiencing.

An OGD can also be used to monitor certain conditions and determine if they are becoming worse or if they are staying the same, for example in Barrett's Oesophagus.

## How is an OGD performed?

Prior to your appointment you will be provided information about what you need to do prior to your OGD, this will involve not taking diet and fluids for a certain time prior to the test. If you are having sedation, then you will need to be collected following the test and someone will need to stay with you overnight.

At the start of the test you will have either throat spray to numb the throat or you will be able to have sedation to help you relax during the test.

A mouth guard and oxygen will be positioned and the gastroscope will be gently introduced through the mouth and down the back of the throat. The gastroscopy can be a little uncomfortable at times particularly when it is first introduced through the back of the throat.

Air is then used to distend the gut organs and this may result in a feeling of bloating and can cause belching and discomfort in some patients.

The lining of the gut is inspected and sometimes biopsies are taken for further analysis.



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The gastroscope is then gently removed and the procedure is normally completed within 10 minutes.

### **What happens after my OGD?**

Following completion of the OGD the doctor performing the test will explain the results to you and prepare a report for you GP/Consultant. You may well feel bloated and belch wind for some time following the test.

In most cases an OGD is a safe test, however as with all medical tests there are small risks which need to be understood prior to consenting to undergo the test. These risks are uncommon and may be minor such as a sore throat for a few days following the test. Other complications include the risk of bleeding from the gut or perforating the gut wall (approximately 1 in 3000 cases). This would require hospital admission and may need surgery to correct or manage. The risks of sedation are small but may include respiratory or blood pressure problems.

If you have had biopsies taken it will take about a week to get the results of these samples and a follow-up appointment may be required to explain these results to you.