

Patient information

Gastroscopy, with injection of Clostridium botulinum (Botox) for the treatment of achalasia and gastroparesis

You have been referred by your doctor to have a gastroscopy, which may include the injection of Clostridium botulinum (Botox). This booklet has been written to explain the procedure. This will help you to make an informed decision before consenting to the investigation. Please read the booklets and consent form carefully. You will also need to complete the enclosed health questionnaire. How

You may be contacted by an endoscopy trained nurse before your procedure to go through the admission process and answer any queries you may have. If you are not contacted please come to your appointment at the time stated on your letter.

Please note your appointment time is your arrival time on the unit, and not the time of your procedure.

If you have any mobility issues or if there is a possibility you could be pregnant, please contact the appointment staff on 01284 713551

Please remember there may be other patients who will arrive after you, but are taken in for their procedure before you, this is for medical reasons or if they are seeing a different doctor.

Due to limited space available and to maintain patient's privacy and dignity, we only allow patients (and carers) through onto the ward area. Relatives / escorts will be contacted once the person is ready for collection.

The Endoscopy Unit endeavours to offer single sex facilities, and aim to make your stay as comfortable and as stress free as possible.

Medication

If you are taking **WARFARIN, CLOPIDOGREL, RIVAROXABAN or any other anticoagulant (blood thinning medication)**, please contact the appointment staff on 01284 713551, your GP or anticoagulation nurses, as special arrangements may be necessary.

Diabetic Patients should contact their diabetic nurse or GP, please inform them that you are required to be nil by mouth for **6 hours** prior to your procedure (see section – How do I prepare for my Gastroscopy).

Please ensure you bring your current medications with you when you attend for your procedure.

If you are in any doubt whether you should stop or continue your medication, please ring 01284 712653.

How do I prepare for the procedure?

It is very important that you follow these instructions as failure to do so could result in your procedure being cancelled.

- 24 hours prior to the procedure commence on a liquid only diet
- 12 hours prior to your procedure commence on water only
- 6 hours prior to your procedure stop drinking and remain nil by mouth until after your procedure

Make sure you have arranged for transport home if you are having sedation.

What happens when I arrive?

On arrival to the Endoscopy Unit please report to reception where the receptionist will check your personal details. You will be asked to take a seat in the waiting area until you are collected by a nurse, and taken through to one of our admission rooms. Due to limited space we are unable to allow anyone to accompany you unless they are a carer. We will contact your relative/escort once you are ready to be collected.

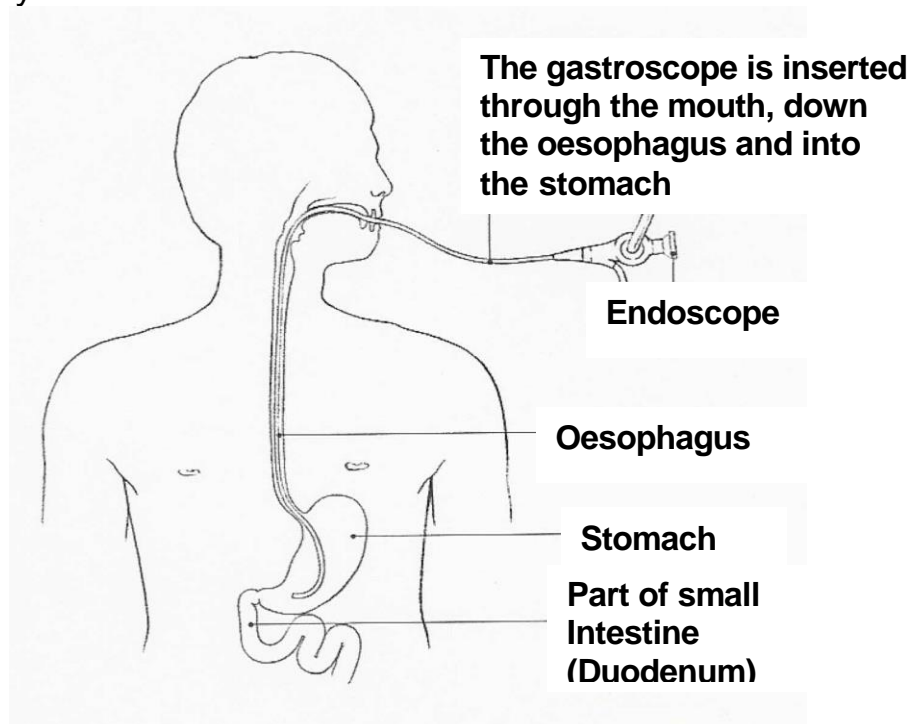
You will be taken into the admission room where a nurse will explain the procedure and they will ask you about your health, medications and allergies. They will take your pulse and blood pressure. If you are a diabetic your blood glucose level will be checked.

The nurse will discuss the consent form with you and answer any questions that you may have. We want to make sure you understand the procedure and its implications.

You can expect to be on the unit **2-4 hours**.

What is a Gastroscopy?

A Gastroscopy is a procedure that allows an endoscopist to look at the oesophagus, stomach and duodenum. A long flexible tube (gastroscope) is passed into your mouth, over your tongue to the back of your throat and down into your oesophagus, stomach and first part of you small intestine.



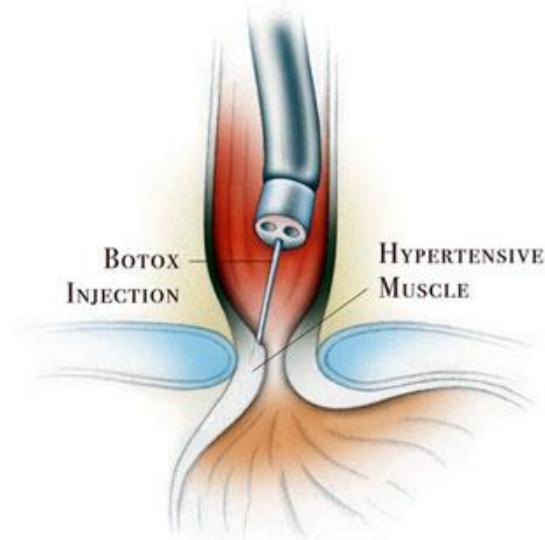
The gastroscope is connected to a television system and has a mini camera built into the end. Pictures are seen on a television monitor. By examining the oesophagus, stomach and duodenum, the cause of your symptoms may be found. Sometimes we are able to treat them during the procedure.

You should expect to be in the unit between 2 and 4 hours.

What is achalasia?

Achalasia is a rare disease of the muscle of the oesophagus resulting in constant spasm of muscles at the lower part of the oesophagus. Achalasia will slow down or stop movement of muscles in the lower part of the oesophagus, resulting in difficulty in swallowing food. Achalasia is also associated with abnormalities of oesophageal peristalsis, which is the muscular activity of the oesophagus which allows food to be transported from the throat to the stomach.

One method of treatment for achalasia is Botox injection. Botox injection causes relaxation of the muscle fibres. It can be injected into the lower oesophageal sphincter muscle through the gastroscop. This is usually effective for a few months and occasionally a few years, but it will require repeated Botox injections in the future. Botox injections may make it more difficult to perform surgery at a later date, if that were necessary.



What is Gastroparesis?

Gastroparesis is a long term condition where the stomach can't empty itself in the normal way. Food passes through the stomach more slowly than usual. It is thought to be the result of damaged nerves in the stomach causing the muscles controlling the emptying of the stomach to not work properly which can slow the movement of food. Symptoms include nausea and vomiting, loss of appetite, weight loss, bloating, heartburn and abdominal pain. One method of treatment for gastroparesis is Botox injection into the valve between your stomach and small intestine. This allows the valve to relax and keep open for a longer period of time so food can pass through to the small intestine. The injection is given through the gastroscop during your gastroscopy.

Choosing how to have the procedure

Many patients are concerned at the thought of swallowing the gastroscop, we would like to reassure you that whilst you may experience some discomfort, the procedure is not painful. It is recommended for this procedure to offer a conscious sedation and throat spray if the doctor feels this is required.

- **Throat spray:** Local anaesthetic will be sprayed into the back of your throat to make it numb. You will be aware of the procedure and the endoscopist and nurse

will be able to explain things to you during the procedure. You will be allowed to go home shortly after the gastroscopy, or go back to work if you are required to do so.

- **Conscious sedation:** Light sedation is given through an injection into a vein. It helps you to relax and takes away some of the awareness of the procedure. Please note that this is **not a general anaesthetic. You will need a responsible adult to collect you from the unit and stay with you for 24 hours. You will not be able to drive yourself home, go back to work, operate machinery, drink alcohol or sign legal documents for 24 hours.**

What does a Gastroscopy involve?

- You will be introduced to the nurses and endoscopist who will be with you throughout your gastroscopy.
- The endoscopist will then check that you have full understanding of your procedure and that you are willing to go ahead.
- In order to monitor your heart rate and breathing, the nurse will place a probe onto one of your fingers.
- A nurse will be with you at all times, giving guidance and support. You will be asked to remove any dentures and glasses and then lay on your left side. The nurse will place a mouth guard in your mouth to protect your teeth and gums.
- The flexible tube will then be inserted gently into your mouth, passed over your tongue to the back of your throat. We would like to reassure you that although the test can sometimes be a little uncomfortable it is not painful and you can breathe normally.
- The test should take about 5-15 minutes to complete. If a small sample of tissue (biopsies) need to be taken the procedure may take a little longer.

What is a biopsy?

A biopsy is a piece of tissue, which is removed through the gastroscope using tiny forceps. This procedure is painless and you will probably not be aware of it being done. The doctor will discuss what they have seen with you, if possible. Any biopsies will have to be sent away for analysis, so the results will not be available straight away.

Are there any complications?

As with any medical procedure, the risk must be compared to the benefit of having the procedure. The doctor who requested the test will have considered this very carefully.

Gastroscopy with injection of Clostridium botulinum (Botox) is known as an invasive procedure and therefore, carries risks / complications.

The major risks / complications include:

- Bleeding from the injection/biopsy site, this usually settles down on its own
- Small tear or damage to the lining of the upper digestive tract; this may require an operation to repair any damage
- Disturbance in your heart rate and breathing
- A reaction to any of the medications used
- A sore throat and abdominal tenderness. As the gastroscopist passes down the digestive tract, it brushes against the lining and may cause a small amount of bruising.
- Adverse reactions to Clostridium botulinum (Botox) include skin rashes, chest pain, heartburn, fever or joint pain. Other reactions include abdominal pain, diarrhoea, a dry mouth, difficulty swallowing, vomiting or feeling sick.
- Allergic reactions to Botox include swelling of the face and throat, difficulty breathing or feeling faint.
- Aspiration pneumonia (inflammation of the lungs caused by inhaling or choking on vomit).

After the procedure

Before you are discharged, a nurse will tell you what was seen during your procedure and what to do next. You will be given a printed sheet with this information on to take home with you.

If you have had sedation you will be given time to sleep and rest quietly until the immediate effects of the sedation have worn off. You will be offered a drink and something to eat while you wait for your escort home. This person must be a responsible adult and they must come to the unit to collect you. You must have a responsible adult at home with you for 24 hours following sedation.

Before you are discharged, a nurse will tell you what has been seen during your procedure and what to do next. You will be given a printed sheet with this information

on to take home. The sedation lasts longer than you might imagine, so it is very important that after your procedure you do not do any of the following for at least 24 hours:

- Drive
- Operate machinery
- Drink alcohol or smoke
- Sign legal documents

Side effects

Serious side effects from this procedure are rare, but for the rest of the day you may have a sore throat. You may also feel a little bloated if some of the air we use is left behind. Both these things will pass, with no need for medication. If you experience any of the following problems after the procedure please contact your GP immediately informing them you have had a gastroscopy with injection of Clostridium botulinum (Botox):

- Severe abdominal or chest pain
- A firm and swollen abdomen
- High temperature or feeling feverish
- Vomiting
- Skin rash, difficulty breathing or swollen lips

If you are unable to contact or speak to a GP and you are experiencing any of these symptoms we would advise you to attend your nearest Accident and Emergency Department.

Summary of important information

A gastroscopy is a safe procedure and a very good way to investigate symptoms. Risks and complications are rare and the benefits outweigh the risks. However, it is your decision whether you wish to go ahead with the procedure or not and you are free to change your mind at any time.

It is everyone's aim for you to be seen as soon as possible. However, the unit can be busy and your investigation may be delayed. If emergencies occur, these patients will obviously be given priority over less urgent cases.

Due to limited space available and to maintain patient's privacy and dignity, we only allow patients and carers through onto the ward area.

Relatives / escorts will be contacted once the patient is ready for collection.

Please do not bring valuables to the hospital. The hospital cannot accept any responsibility for the loss or damage to personal property during your time on these premises.

If you are unable to attend your appointment, please notify 01284 713551 as soon as possible.

Training doctors and other health professionals is essential to the continuation of the NHS and improving the quality of care. Your treatment may provide an important opportunity for such training under the careful supervision of a senior doctor. You can however decline to be involved in the formal training of medical and other students; this will not affect your care and treatment.

If you have any concerns prior or post procedure please call the Endoscopy Unit during office hours: 8.00am - 9.30pm Monday to Thursday and 8.00am - 6.00pm on Friday: telephone number 01284 713952.

Out of hours contact West Suffolk Hospital on 01284 713000 and ask to be put through to the on call endoscopy nurse for advice.

Checklist

Things to remember before your procedure

- Read the booklets carefully
- Fill in the patient questionnaire
- 24 hours prior to your procedure commence on a liquid diet only
- 12 hours prior to your procedure commence on water only
- 6 hours prior to your procedure stop all fluids and remain nil by mouth until your procedure
- Check for specific medication instructions
- Transport arrangements are made due to the effects of sedation
- Bring this booklet and questionnaire with you to the appointment
- Do not sign the consent form, but bring it with you to the appointment

If you wish to discuss any areas of concern, or need more information, please contact the Endoscopy Unit on the following telephone number: 01284 713952.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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