

PATIENT GUIDE

Oral gastroscopy - endoscopic examination through the mouth

Gastroscopy is an endoscopic examination of the oesophagus, stomach and duodenum. At Kirurgen.dk we usually perform the gentle nasal gastroscopy, but in some situations the oral method (through the mouth) is preferable - for example when larger biopsies are needed, when polyps must be removed, or when nasal anatomy does not allow insertion through the nose.

Anaesthesia and sedation

We always offer sedation for oral gastroscopy. Whether you accept the offer is agreed with you, based on your situation and the procedure itself. We give a combination of midazolam (calming) and fentanyl (pain relief) as a light sedation, so you are relaxed and comfortable throughout the examination. The throat is also locally anaesthetised with a numbing spray (Xylocaine), which dampens the gag reflex.

You must not drive or operate machinery for 24 hours after sedation. You must also not work for the rest of the day. Please arrange for an adult to accompany you home - preferably by public transport or taxi.

Preparation

An empty stomach is required so the lining can be properly inspected. Fasting and fluid rules are the same as for nasal gastroscopy:

- No food for 10 hours before the examination.
- No drink for 3 hours before the examination.
- Avoid dairy products on the day of the examination.
- Essential medication may be taken with a small glass of water.
- Blood thinners (Marevan, Eliquis, Xarelto and similar) must be agreed in advance.
- Arrange transport home - you may not drive yourself after sedation.

Step by step

- A small cannula is placed in your hand so we can give midazolam and fentanyl.
- The throat is numbed with an anaesthetic spray.
- You lie comfortably on your left side. A small bite block is placed between your teeth to protect both teeth and scope.
- The flexible gastroscope is guided gently down into the oesophagus. You are asked to swallow to ease passage.
- A little air is blown into the stomach so the mucosa can be inspected. This may cause an urge to burp.
- Tissue samples or polyp removal can be performed during the examination - this is completely painless.

The examination itself usually lasts 5 to 10 minutes. Allow about 1.5 to 2 hours for the whole visit, to include consultation, examination and observation until the sedation has worn off.

After the examination

You rest in the clinic until you are awake and well enough to go home. Sensation in the throat returns after about 20-30 minutes - wait until then before eating or drinking, and start with a small sip of water. Midazolam can cause mild memory loss around the procedure itself, which is completely normal.

After sedation: no driving for 24 hours. For the rest of the day: no important decisions, no alcohol, and no work. You will normally be ready for work again the next day.

Is oral gastroscopy dangerous?

Oral gastroscopy with sedation is a very safe and well-tested examination. Complications are rare, especially when performed by an experienced specialist. You may experience mild throat irritation or an urge to burp for a few hours after - this resolves on its own.

Contact us

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