

Oesophagogastroduodenoscopy

An Oesophagogastroduodenoscopy (Upper Endoscopy) is currently the most advanced and accurate method in examining the lumen (inside the intestinal tubes) of the upper digestive tract, which includes the oesophagus, stomach and duodenum. Using a flexible fiber-optic endoscope and dedicated attachments it provides a detailed optical view that is captured for future reference and can deliver targeted therapies such as stop bleeding, as well taking biopsies to investigate abnormalities. People who suffer from peptic ulcer disease, bleeding, oesophageal and gastric cancer, indigestion, acid reflux or difficulty in swallowing may be referred for this examination.

Preparation needed before the procedure

- Fast for at least 6 hours before the procedure.
- Inform the medical staff of any medical problems such as diabetes, hypertension, bleeding tendency or in the case of pregnancy. Medications should be continued as instructed.
- Provide information concerning the current medications used and allergies.
- Do not drive to the procedure appointment and avoid heavy drinking, smoking or use of sedatives before the procedure.

How is the procedure performed?

- Prior to the examination, local anaesthetics are sprayed in the throat, a mouth piece will be put into the mouth to avoid biting.
- A flexible endoscope with a diameter of 0.9 – 1.2 cm is then introduced by the doctor through the mouth. Full consciousness is maintained throughout the procedure. In individual cases, intravenous sedative drugs may be given depending on the clinical condition.
- The procedure lasts for 10 to 20 minutes, but in complex cases that require additional therapies, the examination time may be prolonged.

Possible risks or complications of the procedure

- Minor discomfort including nausea and distension of the stomach is common.
- The throat is numb for around an hour after the procedure making swallowing difficult, an effect of the local anaesthetic.
- Major complications may include perforation, bleeding, cardiopulmonary complications and infection. In general, the complication risk is less than 1% but it varies depending on the person's medical condition as well as the complexity of the diagnostic procedures and therapeutic methods used. When major complications arise, emergency surgical treatment may be required though rarely fatal.

Consult the doctor for more information related to endoscopic procedures.

Care after the procedure

- Fast until the effects of the local anaesthesia have worn off, around an hour. This prevents choking with food or fluid intake.
- If intravenous sedation is used do not operate heavy machinery, drink or drive for the rest of the day.
- Enquire about the examination results, the doctor should be able to give you immediate feedback and clarify the date of the follow up appointment if necessary.
- Follow the instruction given by the medical staff in completing drug treatment.

Unpredicted emergency after the procedure

Patients can call the outpatient department within office hours for any discomfort experienced following the procedure. However, if there are any serious events such as gastrointestinal bleeding, severe abdominal pain, consult a doctor immediately.

For any queries, please consult our medical staff. Tel: 28491500 / 28491515



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上消化道內視鏡檢查

上消化道內視鏡是現時檢測上消化道內腔最先進和最準確的檢查方法。上消化道包括食道、胃部和十二指腸。檢查時，醫生利用一條易彎曲的光纖內視鏡和專用配件，透視上消化道仔細的光學影像。檢查時，醫生更可為病人進行針對性治療（例如止血）及抽取切片樣本，檢驗上消化道內是否出現異常的情況。患有消化性潰瘍、出血、食道癌、胃癌、消化不良、胃酸倒流或吞嚥困難的病人，或需轉介作這項檢查。

檢查前所需的準備

- 檢查前至少禁食6小時
- 患有糖尿病、高血壓、懷孕或其他疾病的人士請通知醫護人員，並遵從指示按時服藥
- 如正服用藥物或有對任何藥物敏感或患有過敏症，請通知醫生
- 不要自行駕車到院檢查；檢查前應避免大量喝酒、吸煙或使用鎮靜劑

上消化道內視鏡檢查如何進行？

- 檢查前，會在病人喉嚨噴上局部麻醉劑，並於口腔內放入吹咀，以便支撐口腔
- 醫生會把一條易彎曲的內視鏡，其直徑約0.9至1.2厘米，經口腔伸入上消化道。檢查期間，病人依然保持清醒。但在個別情況下，醫生可能會為病人作靜脈鎮靜劑注射
- 檢查約需時10至20分鐘，而複雜的病例則需其他治療，但需時較長

檢查的潛在風險或併發症

- 輕微不適如作嘔及胃脹均十分常見
- 檢查後一小時內喉嚨會因局部麻醉劑而感到麻痺，吞嚥困難
- 嚴重併發症包括穿孔、出血、心肺併發症和細菌感染。檢查引起的併發症比率一般少於1%，但比率會就個別人士的身體狀況、診斷的複雜程度和治療方法而有差別。一旦出現嚴重併發症，或須即時作手術治理，但絕少會致命

請向醫生查詢更多有關上消化道內視鏡的資料。

檢查後的護理

- 局部麻醉劑的效力約在檢查後一小時消退。在麻醉劑消退前應禁止飲食，以免進食時哽塞喉嚨
- 若曾使用靜脈注射鎮靜劑，日內不要操作器械飲用或駕駛
- 檢查後，醫生應可立即為病人講解檢查結果，但亦有可能預約其他日子，先等待活組織檢驗報告，才與病人討論檢查結果
- 依照醫護人員指示及完成服藥療程

出院後，若遇有緊急情況

如在檢查後有任何不適，可於辦公時間內致電門診部。如遇上嚴重的併發症，如胃腸道出血和強烈腹痛，請立即求醫。

如有任何疑問，請向醫護人員查詢，電話：28491500或28491515。



著寫：

明德國際醫院普通內外兒科

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