

## E02lite Upper GI Endoscopy and Dilatation

This document will give you information about an upper GI endoscopy and dilatation. If you have any questions, you should ask your GP or other relevant health professional.

### What is an upper GI endoscopy and dilatation?

An upper gastrointestinal (GI) endoscopy is a procedure to look at the inside of the oesophagus (gullet), stomach and duodenum using a flexible telescope (see figure 1). This procedure is sometimes known as a gastroscopy.

A dilatation involves stretching the narrowed area.

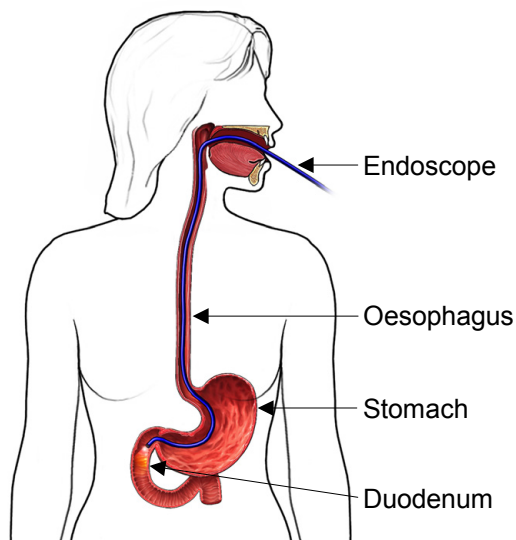


Figure 1

Upper GI endoscopy

### Are there any alternatives to an upper GI endoscopy and dilatation?

An upper GI endoscopy without dilatation or a barium meal are other investigations.

### What does the procedure involve?

If appropriate, the endoscopist may offer you a sedative to help you relax.

An upper GI endoscopy usually takes about a quarter of an hour. The procedure involves placing a flexible telescope (endoscope) into the back of your throat. From here the endoscope will pass on into your duodenum.

The endoscopist will be able to look for problems in these organs. They will be able to perform biopsies and take photographs to help make the diagnosis. The endoscopist can perform a dilatation using a guidewire and dilators or a balloon dilator.

### What complications can happen?

- Allergic reaction
- Breathing difficulties or heart irregularities
- Making a hole in the oesophagus, stomach or duodenum at the narrowing
- Damage to teeth or bridgework
- Bleeding
- Incomplete procedure

### How soon will I recover?

If you were given sedation, you will normally recover in about an hour.

A member of the team will tell you what was found during the endoscopy and will discuss with you any treatment or follow-up you need.

You should be able to go back to work one to two days after the endoscopy.

### Summary

An upper GI endoscopy and dilatation is usually a safe and effective way of finding out if you have a problem with the upper part of your digestive system and treating your symptoms.

## Further information

- NHS smoking helpline on 0800 169 0 169 and at [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)
- [www.eatwell.gov.uk](http://www.eatwell.gov.uk) – for advice on maintaining a healthy weight
- [www.eidoactive.co.uk](http://www.eidoactive.co.uk) – for information on how exercise can help you
- [www.aboutmyhealth.org](http://www.aboutmyhealth.org) - for support and information you can trust
- British Society of Gastroenterology at [www.bsg.org.uk](http://www.bsg.org.uk)
- Digestive Disorders Foundation at [www.digestivedisorders.org.uk](http://www.digestivedisorders.org.uk)
- NHS Direct on 0845 46 47 (0845 606 46 47 - textphone)
- [www.eidohealthcare.com](http://www.eidohealthcare.com)

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