

What to expect after your Gastroscopy (OGD)

What happens next?

After your OGD, your endoscopist will explain the findings with you. If required, a member of the Clinical Nurse Specialist (CNS) team will also attend. Biopsies taken from your procedure will be sent on to the lab for further testing: this can take up to 7-10 working days. You may need further investigations in order to help further with your diagnosis, such as a CT scan of your chest, abdomen and pelvis, along with a PET scan.

What is a CT scan and why do I need this investigation?

A CT scan (Computed Tomography) is a medical imaging technique used to obtain detailed images of the body. The whole appointment can take up to an hour and half depending on which part of your body they are scanning. You might have a CT scan:

- to diagnose a range of conditions including cancer
- to help work out where the possible cancer is, how close to nearby organs and big it is- this can help doctors decide about whether you need further tests or what treatment you need

What is a PET scan and why do I need this investigation?

A Positron Emission Tomography (PET) CT scan combines a CT scan and a PET scan. The scan takes a series of x-rays from all around your body and puts them together to create a 3 dimensional (3D) picture. The PET scan uses a mildly radioactive drug to show up areas of your body where cells are more active than normal. It usually takes between 30 and 60 minutes. PET scans help to:

- diagnose a cancer
- determine how big a cancer is and if it has spread (stage a cancer)
- decide on best treatment for your possible cancer

What is a Multi-Disciplinary Meeting?

A Multi-Disciplinary Meeting (MDM) is formed of a team of different healthcare professionals who work together to provide coordinated care for patients. An MDM is an opportunity to review your investigations and decide on the best possible treatment plan moving forward and any further investigations that may be beneficial to help with your diagnosis and treatment.

Who can support with nutritional needs?

Following your OGD, you will also be referred to the dietitian service for additional nutritional support when and if you need it. They can be contacted on via the Dietetics Office on: 0300 131 4532

Who can be contacted for further queries?

Your CNS team can be contacted if you have any further queries that you wish to discuss:

EASTBOURNE DISTRICT GENERAL HOSPITAL

Anita Ivimy & Olena Clarke
0300 131 4500 ext 773588

Email: esht.uppergicnseastbourne@nhs.net

CONQUEST HOSPITAL

Becky Gabriel & Lisa Arnold
Support Worker: Sadie Trotman
07773118052

Email: esht.uppergicnsconquest@nhs.net

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

UGI (Upper Gastro-Intestinal) Clinical Nurse Specialist Team at ESHT, UGI Patient Pathway Coordinator and UGI Consultant Oncologist.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Dr Victoria Donovan: Consultant Oncologist UGI & UGI MDT Lead, Anita Ivimy & Joyce Irving: UGI CNS EDGH, Lisa Arnold & Becky Gabriel: UGI CNS Conquest

The directorate group that has agreed this patient information leaflet:
Oncology

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