

# What is a Gastroscopy?

## Oesophageal GastroDuodenoscopy (OGD)

### Gastroscopy



is a short procedure using a flexible scope with a light source to **inspect the entire stomach.**



it takes  
**5-10**  
minutes

### During the Procedure

Your throat will be numbed with a spray before a thin tube is passed through your mouth to examine internal organs and collect samples if needed. Sedation can be given in some cases.

Are there any possible **complications?**

It is **generally safe.**

Risk are rare such as **bleeding, perforation, or sedation related**

**0.1%**

## Find us

Gastroenterology Unit Specialist  
building Level 2  
Raja Isteri Pengiran Anak Saleha  
Hospital  
Jalan Putera Al-Muhtadee Billah,  
Bandar Seri Begawan, BA1712  
**+673 2242424 ext 5233 / 5201**

Surgical Outpatient Department  
(SOPD)  
Raja Isteri Pengiran Anak Saleha  
Hospital  
Jalan Putera Al-Muhtadee Billah,  
Bandar Seri Begawan, BA1712  
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Pengiran Muda Mahkota  
Pengiran Muda Haji Al Muhtadee  
Billah Hospital  
Jln Sungai Basong, Tutong, TA1341  
**+673 4260121/22 ext 304/306**

Suri Seri Begawan Hospital  
Kuala Belait, KA 1131  
**+673 3335331 ext 4240**



كەنترين كصیحتن  
KEMENTERIAN KESIHATAN  
MINISTRY OF HEALTH



## GASTROSCOPY

**Instruction and  
Preparation**

# Pre-Procedure Planning

## FASTING IS REQUIRED



### Morning Appointment

NO FOOD AND DRINKS  
**AFTER 12 MIDNIGHT**  
ON THE DAY BEFORE.



### Afternoon Appointment

HAVE A LIGHT BREAKFAST  
**BEFORE 7AM** AND  
FAST **6 HOURS BEFORE**  
PROCEDURE.

#### MEALS INCLUDE:

- White Bread
- White Porridge
- Eggs
- Coffee/Tea No Milk

## Advice On Medication

### For Blood Pressure Medications

Take with sips of water **before 6am.**

### For Diabetic Medications

Do not take tablets or inject insulin morning of the procedure but bring along your medications.

### For Blood Thinning Medications

Continue or stop days before the procedure as instructed.

# On The Day Of Procedure

## Please Bring Along:



Hospital Appointment Card



IC / Employment pass /  
Work permit



Letter of Insurance



Spectacles casing,  
if you are wearing glasses

## Personal Care



Do not wear make-up,  
nail varnish, or contact lenses



If you wear dentures, you may  
wish to leave it at home or  
please bring your denture  
case for safe keeping



Do not drive to the hospital



Advised not to come to the  
procedure alone

# Discharge Care

## After The Procedure

You may experience the  
following temporary effects:

- Dizziness or tiredness (from sedation)
- Nausea or vomiting
- Throat soreness (lozenges may help)
- Bloating (should ease after 2–3 hours)
- Slower judgment/reactions

## When should you seek medical help?

- Difficulty breathing.
- Excessive bleeding or passing black stool.
- Severe vomiting / nauseousness.
- Severe abdominal pain or bloatedness.
- Severe chest pain.
- Swollen and painful injection site.

## Precautions

- If procedure is under sedation.
- Have someone drive you home.
- Do not operate vehicles / machinery.
- Do not take sleeping tablet and alcohol for the first 24 hours.
- Do not sign any legal document or make important decisions after the procedure.