

12.1.2 Trans Nasal Gastroscopy

What is the problem?

This test examines the stomach, in particular. But also the oesophagus and the duodenum. We need to do this test to find out what is going wrong. Sometimes we just need to check that the gastrointestinal system is working properly. There are many problems that can be diagnosed using this test. Among these are:

- Ulcers.
- Heartburn.
- Any narrowing, called a stricture.
- Growths.
- Stomach emptying problems.
- Vomiting.

What are the oesophagus and stomach?

The oesophagus and stomach are part of the gastrointestinal tract, which extends from the mouth to the anus. In between are the oesophagus, stomach and the small and large intestines. The function of the gastrointestinal tract is to digest the food that you eat and to get rid of the waste. The stomach and small intestine absorb food into the blood stream to fuel the body. The large intestine is involved with the disposal of waste products from the body. The oesophagus is the tube that carries the food down to the stomach. It is also called the gullet. The stomach is a muscular pouch lying between the oesophagus and the first part of the bowel, called the duodenum.

The lining of the upper part of the stomach produces acid and a digestive chemical, called pepsin. Together with the action of the stomach muscle, these chemicals break down food and drink to produce a fine paste. The cells lining the lower part of the stomach control how much acid and pepsin is made in the upper part of the stomach.

A ring of muscle at the outlet of the stomach, called the pylorus or pyloric sphincter, relaxes from time to time, to let the food paste through into the duodenum.

What is a gastroscopy?

Strictly speaking, a gastroscopy is a visual examination of your stomach, as gastro means stomach. However, on the way, your oesophagus is examined too. We can also examine beyond your stomach into the upper part of the small bowel, called the duodenum.

The examination is done through the nose using a flexible telescope, called an endoscope, which is about 4,9 mm thick. The endoscope lets the doctor see the inside of the gastrointestinal tract and any problems.

The examination is also called an upper gastrointestinal endoscopy, as it examines the upper gastrointestinal tract. You may also hear it called an upper GI endoscopy.

The newer form of gastroscopy a " trans-nasal gastroscopy " allows a thinner scope to be passed through the nose and into the stomach. This is done after numbing the nasal passages with an anaesthetic jelly. This technique offers huge advantages to the patient over the more conventional oral gastroscopy with no disadvantages.

Timeconsume is normally below 5 minutes.

You are not allowed to eat and drink for 4 hours before the examination and please do not take milk or milkproducts the last 12 hours before the examination.

Consult your endoscopist

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