

胃內視鏡檢查

簡介

胃內視鏡檢查又稱胃鏡，或食道胃十二指腸鏡檢查。是利用附有光源而性質柔軟可彎曲的幼長電子鏡，從口中插入經過喉部直達食道、胃及十二指腸進行診斷及治療上消化道的疾病。其他的功能包括：拮取異物、靜脈曲張硬化注射或結紮、治療上消化道出血、切除息肉、激光治療、擴張上消化道阻塞及食道或幽門狹窄、取出胃組織及癌細胞作病理化驗、幽門螺旋菌測試與放置餵食管等。



胃內視鏡

適應症

包括貧血、嘔血、排黑色糞便、吞嚥困難、持續性上腹部不適、消化不良、持續不明原因嘔吐、吞下異物、懷疑有良性或惡性腫瘤與上腹部腫塊等。

檢查前須知

- ◆ 檢查前六小時不可飲食
- ◆ 如有下列病歷，請告知醫生或護士：
 - 糖尿病、高血壓、心臟病或氣管疾病
 - 對藥物有過敏反應
 - 服食非類固醇消炎藥、薄血丸等藥物
- ◆ 需簽署同意書
- ◆ 檢查前須除下假牙、眼鏡
- ◆ 最好由家人陪同

過程

- ◆ 病人需向左側臥，並解鬆過緊衣物及腰帶
- ◆ 護士會在病人喉部噴些局部麻醉藥以減少不適，然後口含膠牙墊，使內視鏡能順利經過喉部進入上消化道
- ◆ 如感覺輕微腹脹，請將身體盡量放鬆及保持正常呼吸，不要吞嚥唾液
- ◆ 醫生會按需要給鎮靜劑來減輕緊張情緒
- ◆ 如有需要，醫生會從病人胃部抽取少量組織以作化驗
- ◆ 如在檢查中發現有胃出血，醫生會在可能情況下進行止血治療

護理及提議

- ◆ 檢查後約四十五分鐘，待喉部麻醉藥的效力消失後方可進食
- ◆ 如曾接受鎮靜劑注射，須臥床休息，待完全清醒後一小時才可離去
- ◆ 宜有親友陪同出院
- ◆ 切勿飲酒、駕駛車輛、操作器械或簽署重要文件

併發症

- ◆ 喉部不適為期一至兩天
- ◆ 輕微胃氣脹
- ◆ 胃穿孔機會低於千分之一

如有任何異常，請即回瑪麗醫院急症室就診



瑪麗醫院
Queen Mary Hospital

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UPPER ENDOSCOPY
(Oesophagogastroduodenoscopy)

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Introduction

Upper endoscopy is the technique that allows the direct visualization of the upper gastrointestinal tract. This procedure involves passing an endoscope via the throat into the esophagus, stomach and duodenum. The endoscope is a thin, flexible tube attached to an optical system that allows the diagnosis, treatment and documentation of any abnormalities of the upper gastrointestinal tract. Functions of gastroscopy also include:

- ◆ To remove foreign bodies
- ◆ To perform injection sclerotherapy or banding for varices
- ◆ To stop bleeding from stomach or duodenal ulcer lesions
- ◆ To remove polyps
- ◆ Laser therapy
- ◆ For dilatation e.g. tumor, esophageal stricture or pyloric stenosis
- ◆ Biopsy for histopathology examination e.g. *Helicobacter pylori*, malignancy
- ◆ Insertion of nasogastric tubes



Oesophagogastroduodenoscope

Indications include

Anemia, passage of tarry stool, vomiting of blood, difficulty in swallowing, dyspepsia, persistent upper abdominal discomfort, persistent or unexplained vomiting, swallowed foreign body, suspected benign or malignant tumor, upper abdominal mass

Preparation

- ◆ No food or drink for 6 hours prior to procedure
- ◆ Please inform doctor / nurse if you have any of the followings:
 - Diabetes mellitus, hypertension, cardiac or pulmonary disease
 - Drug allergy
 - Drug history-NSAID, warfarin etc.
- ◆ A written consent is required
- ◆ Remove dentures and spectacles before procedure
- ◆ Patient should be accompanied by an adult

Procedure

- ◆ Loosen all tight clothing, including belts before lying laterally - on your left side
 - on the examination couch
- ◆ The nurse will spray your throat with a local anesthetic. You will be instructed to bite on a plastic mouth guard

throughout the procedure so as to facilitate the insertion of the endoscope

- ◆ You may experience some abdominal discomfort or retching. If so, relax, breath slowly and do not swallow
- ◆ Sedation will be given in selected situations
- ◆ Biopsy will be taken for histopathology if indicated
- ◆ If bleeding is found during the examination, therapeutic intervention will be performed where possible

After the Procedure

- ◆ No food or drink for 45 minutes until the effect of anesthetic has subsided
- ◆ If sedation was given, please note the followings:
 - Rest until full recovery of consciousness (approximately one hour)
 - Do not consume alcohol, drive, handle machinery or sign important documents until fully recovered
 - A relative or friend to accompany you is preferred

Complications

- ◆ Discomfort of throat for one to two days
- ◆ Mild abdominal discomfort

- ◆ Incidence of perforation of the upper digestive tract is <0.1%

Please return to the Accident & Emergency Department, Queen Mary Hospital at once if complications are suspected