

Information for patients, families and carers

Paediatric Gastroscopy

Who is this information for?

This information is for patients and families planning to attend Monash Health Endoscopy Services

Paediatric Gastroscopy

Gastroscopy is a procedure where a gastroenterologist looks inside the oesophagus (eating tube), the stomach and first part of the small bowel, also known as the duodenum. This is done by using a long flexible tube that has a light and a camera on the end, known as a gastroscope.

The gastroscope is put down through the mouth into the oesophagus, into the stomach and then finally into the small bowel. Small samples (called biopsies) of the lining of the oesophagus, stomach or bowel are usually taken so they can be tested.

A child may need a gastroscopy to find the cause of gastrointestinal symptoms such as abdominal pain, nausea, vomiting, growth problems and diarrhoea.

On the day of procedure

- Please follow the fasting instructions that will be provided to you from endoscopy bookings
- Most medications can be taken as usual, however if you are unsure please consult the gastroenterologist or endoscopy liaison nurse at least 7 days prior to procedure
- Your child will receive sedation for the procedure, so they will be asleep. A local anaesthetic cream may be applied on the back of your child's hands before the procedure to make the skin feel numb. They will not feel the insertion of the needle while going off to sleep. Sometimes mum or dad is asked to accompany their child into the suite to help keep them calm until they drift off to sleep.

After the Gastroscopy

- Your child will be drowsy; sometimes they thrash about and cry as they are waking up. One guardian will be called into recovery to be with the child while they wake.

Information for patients, families and carers

- Nausea and vomiting is rare, but in this instance please slowly introduce sips of water post procedure until the effects of the sedation subside
- We encourage that your child rests for the remainder of the day after procedure
- Abdominal bloating or discomfort can occur. This is from air blown into the stomach to inflate and visualise the mucosa. It will pass.
- Occasionally children complain of throat discomfort. This is from the passing of the endoscopy into the oesophagus (eating tube). On occasion blood specs can be seen in the saliva. This may result from biopsies taken during procedure
- Normal diet can be resumed post procedure unless otherwise directed.
- A responsible adult must stay with the patient overnight post procedure

Please take the time to read the letter and preparation instructions at least 7 days prior to procedure.

For information



Endoscopy Booking Office (assist with booking enquires)
1800 786 188