

## Undergoing a procedure

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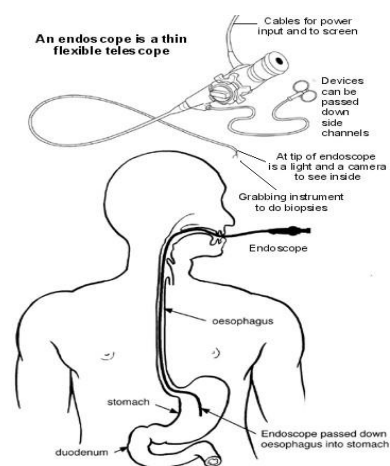
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A patient's guide



.... caring for you 

## Gastroscopy (Endoscopy)

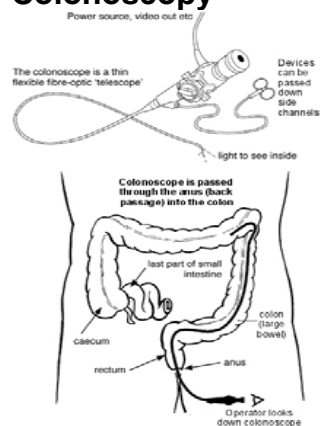


A gastroscopy is a test where an operator (a doctor or nurse) looks into the upper part of your gut called the upper gastrointestinal tract. The upper gut consists of the oesophagus (gullet), stomach and duodenum.

The operator uses an endoscope to look inside your gut. Therefore, the test is sometimes called endoscopy.

An endoscope is a thin, flexible telescope. It is about as thick as a little finger. The endoscope is passed through the mouth, into the oesophagus and down towards the stomach and duodenum.

## Colonoscopy



A colonoscopy is a test where a doctor or nurse look into your colon. The colon is sometimes called the large intestine or large bowel. The colon is the part of the gut which comes after the small intestine. The last part of the colon leads into the rectum where faeces (stools or motions) are stored before being passed out from the anus.

## Coeliac clinic.

This clinic is held once per year, usually in the summer, where all aspects of care for patients with Coeliac are addressed, with a review by doctors, nurses and dietician. It is a good informal way of meeting other patients with coeliac disease. We have a representative from the company (Juvella) who provides up to date information, recipes and samples of Gluten free products. Patients are provided with tea, coffee and Gluten free cakes.

## Dietetic service

A specialised dietetic clinic is available to patients needing advice on inflammatory bowel disease (IBD), Irritable bowel syndrome (IBS), Coeliac disease and general support on weight and nutritional management. Our dietician also has a clinic in conjunction with the IBD clinic, which is held on the first Wednesday of every month.

## Psychology service

Patients in need of Psychological support can be referred to a clinical psychologist at the Whittington Hospital.

## Alcohol liaison nurse

We offer a Alcohol triage assessment for patients who may be concerned about their drinking. These are provided by a specialist nurse, who can refer patients for further treatment.

Patients are welcome to self refer.  
Contact details – PCADS 0203 316 8778.

### Full blood count

A full blood count is a commonly performed test to detect anaemia and various other blood problems.

### Blood tests to detect inflammation

Erythrocyte sedimentation rate (ESR) and C-reactive protein (CRP) are blood tests that detect inflammation. They can be useful to help diagnose and monitor the activity of certain diseases.

### Liver function tests

A liver function test is a common blood test. Doctors do this test to find out how well your liver is working. A liver function test is actually a series of tests to look for different things within a sample of your blood.

### Other GI services that are available:

GI Telephone Helpline: 020 7288 5692

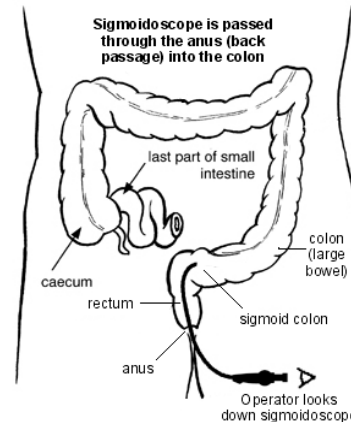
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The gastroenterology department offers a telephone helpline service for patients who need advice, support, prescriptions, discussing blood results and outpatient appointments. GP's and patients can also contact us via the GI email helpline – [GIHelpline@whittington.nhs.uk](mailto:GIHelpline@whittington.nhs.uk)

### GI telephone clinic:

There is a GI nurse led telephone clinic, which aims to provide patients with efficient follow up to patients after their tests, giving advice, results and making further appointments if needed.

### Flexible sigmoidoscopy



The sigmoid colon is the final portion of the bowel that is joined to the rectum. A sigmoidoscope is a small tube with an attached light source about the thickness of your finger.

A doctor or nurse inserts the sigmoidoscope into the anus and pushes it slowly into the rectum and sigmoid colon.

This allows the doctor or nurse to see the lining of the rectum and sigmoid colon. The procedure is not usually painful but it may be a little uncomfortable.

### Computerised Tomography (CT) scan



A CT scan is an examination which uses x-rays to create multiple thin sliced images of the internal structures of the body. You will be asked to lie on a table which moves through a large ring shaped scanner.

An injection of 'iodine based dye' may be given into your vein which highlights internal organs and blood vessels. The scan itself takes a few minutes however you may need to attend an hour earlier than your appointment time in order to drink liquid which highlights your bowel on the images. You will be asked to hold your breath for a few seconds and to remain still throughout the scan.

### **Magnetic resonance imaging (MRI) scan**



An MRI scan is an examination which uses a strong tube-shaped magnet to produce detailed images of any body part from any angle. The scanner is open at both ends and the radiographer can see you at all times.

During the scan the machine makes very loud banging noises but you will be given headphones and played music. The average scan takes about 30 minutes. You may need to have an injection of 'dye' into your vein to highlight the images. It is important to remain still throughout the MRI scan as any small amount of movement will cause blurring of the images. No radiation is used in MRI.

### **Capsule endoscopy**



Capsule endoscopy involves ingesting a small capsule, (the size of the large vitamin pill) which contains a colour camera, battery, light source and transmitter.

Once swallowed the camera moves naturally through the digestive tract while patients carry out their normal activities. Approximately eight hours after ingesting the camera, patients return the recording device to their doctor or nurse so the images can be downloaded to a computer and evaluated.

### **X-ray examination**

X-rays pass easily through fluids and soft tissues of the body, to produce an x-ray picture outlining body structures. It is quick to perform.

### **Ultrasound Scan**

An ultrasound scan is a painless, commonly used test that uses sound waves to create images of organs and structures inside your body. The ultrasonographer or radiologist places a probe and a lubricant gel directly onto the skin of the area being scanned in order to obtain the images. No radiation is used to create ultrasound images.