

Lymington New Forest Hospital

Endoscopy Unit

Welcome

About The Endoscopy Unit:

The department can be found at Reception G on the first floor of Lymington New Forest Hospital.

We aim to deliver an efficient, safe, high quality service to the local population in a timely manner.

On arrival please ensure that you book in at Reception G with a member of the admin team. You will then be shown into the Endoscopy Unit.

Frequently asked questions

How long should I allow for my appointment?

You should allow up to 4 hours; however the average time is 2 hours.

The time includes your admission, nursing assessment, procedure and recovery time.

The recovery time can depend upon whether a relaxant drug is given (minimum recovery time following this is 1 hour post procedure).

If no relaxant medication is given you will be free to leave straight away after the procedure.

How long does the actual procedure take?

This depends on an individual basis, but the average times are:

Colonoscopy: 30 - 45 minutes

Gastroscopy: 10 -15 minutes

Cystoscopy: 5 -10 minutes

Bronchoscopy: 40 minutes

Flexible Sigmoidoscopy: 20 minutes

Do I need to starve beforehand?

The instruction leaflet enclosed with your appointment letter will clearly explain what you will need to do to prepare for the procedure; if you are unclear you may ring the department for advice.

Do I need to bring anything with me?

It is important that you bring with you a list of your current medication. Please also bring your reading glasses if needed. If you are having a colonoscopy or a flexible sigmoidoscopy you may bring slippers and a dressing gown with you to wear over your gown. You will be offered dignity shorts to wear underneath your gown. You may also like to bring a book to read to pass the time before your procedure.

Please leave any valuables at home as we do not accept responsibility for your belongings during your stay with us.

Am I allowed someone with me in the Unit?

Relatives are not present in the ward area for the privacy and dignity of other patients on the Unit. There may be exceptions that will need to be discussed with the nurse in charge, preferably before your appointment date.

Do I need to have a relaxant drug?

You will be advised whether you need to have a relaxant drug in the instruction sheet that comes with your appointment letter as it depends on the examination you are due to have, but the usual practice is:

Colonoscopy	Relaxant medication is always recommended
Gastroscopy	A local anaesthetic spray (to numb the back of the throat) is routinely given Relaxant medication is offered
Flexible Sigmoidoscopy	Relaxant medication is not routinely given but may be given in certain circumstances
Cystoscopy	Relaxant medication is not given
Bronchoscopy	Relaxant medication is always recommended

Do I need to bring someone with me?

If you are having a relaxant during the procedure you must have a responsible person to collect you and stay with you for the rest of the day (a minimum of 12 hours after your procedure).

Only patients will be allowed in the ward area so the person collecting you will need to report to Reception G.

What if I have no-one to escort me?

You must contact the department prior to your appointment to discuss this further.

What does the relaxant medication do?

The relaxant drug used (similar to valium) makes you feel more comfortable and a little sleepy (it is not an anaesthetic and will not send you off to sleep). It can however make you forget the examination.

How will I feel after the relaxant medication?

You will feel sleepy at first and then you may feel wobbly and a bit drowsy (similar to being drunk). These feelings wear off after a few hours; however it can affect your judgement,

reaction times and concentration levels for up to 24 hours. For this reason you must not drive or operate machinery for at least 24 hours post procedure.

What does the local anaesthetic throat spray involve?

We spray the back of your throat with a local anaesthetic spray to numb the area. This makes introducing the scope easier. You will still be able to swallow. The numbness lasts for about 15-30 minutes. You will remain fully awake throughout the procedure. The nurses will assess your swallowing and you can have a drink before you leave. If you would prefer to leave the unit straight after your procedure we advise that you do not eat or drink for 1 hour; this will allow time for your throat to return to normal.

When will I get my results?

Following your procedure you will be informed of the outcome of the examination, what the endoscopist's report contains, whether you need to have any further tests/await further results and if there are any follow up plans. Your GP will also be informed.

Family & friends are not to be used as translators – if you require support with communication please call and speak to a member of the team.

If you have any further questions please contact the Unit and speak to a member of staff.

Where to find us:

Endoscopy Unit, Reception G, First floor,
Lymington New Forest Hospital
Wellworthy Road,
Lymington,
Hampshire,
SO41 8QD

Website: www.southernhealth.nhs.uk/endoscopy

Opening times: Monday to Friday 9am to 5pm

Telephone:

01590 663307 (Appointments)

01590 663310 (Nurses station)