



Endoscopy

Your Digestive Health Guide

1

Oesophagogastroduodenoscopy (OGDS)

What is OGDS?

Upper GI Endoscopy or Gastroscopy is also known as oesophagogastroduodenoscopy (OGDS). It is a procedure where the doctor observes the lining of oesophagus (food pipe), stomach and duodenum (first and second portion of small intestine). The procedure generally takes between 5-10 minutes only.

Did You Know?

OGDS is also more accurate than X-ray film for detecting inflammation, ulcer and tumour of the oesophagus, stomach and duodenum.

OGDS helps the doctor to evaluate the symptoms such as:



Abdominal Pain



Heartburn



Vomiting blood



Nausea



Difficulty in swallowing (Dysphagia)



Loss of appetite



Loss of weight



Blood in stool (Melaena Stool)



Bloating of stomach

Preparing for OGDS:



You will need to fast for at least 6-8 hours prior to the procedure.



Avoid wearing any accessories such as jewellery, watch, and others before coming to Digestive Health Centre.



Remove dentures.



Personal belongings such as bags, wallet and handphone need to be kept in the provided locker.

Can I take my current medications?

Most medications can be taken as usual, but some medications can interfere with the preparation or the examination particularly medications containing aspirin, anti-platelet agents, arthritis medications, anticoagulants, clopidogrel, insulin or iron-containing products.

Also, be sure to mention any allergies of medications prior to the procedure.



What happens during OGDS?

- 1 Throat Numbing**
Your throat will be sprayed with local anaesthetic.
- 2 Positioning**
You will be instructed to lie on your side.
- 3 Mouth Guard**
A mouth guard will be placed in your mouth.
- 4 Relaxation**
The doctor will administer sedation to ensure your comfort throughout the procedure.
- 5 Scope Insertion**
An endoscope will be carefully inserted through the mouth, down the oesophagus, into the stomach, and the first part of the small intestine (duodenum).
- 6 Monitoring**
Your vital signs are monitored every 5 minutes throughout the procedure to ensure safety.

What happens after OGDS?

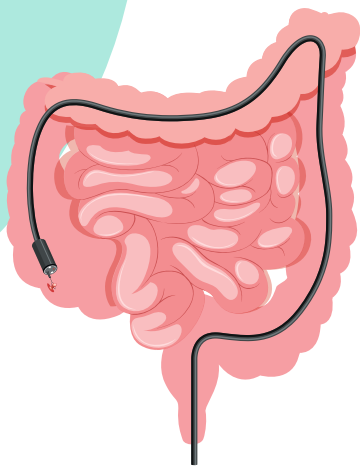
- 1** You will be placed under observation until fully awake.
- 2** You may experience a mild sore throat, numbness, and a sense of stomach bloating due to the introduction of air into the stomach during the procedure.
- 3** Light refreshments will be provided.
- 4** The doctor will provide an explanation of the procedure's results.
- 5** It is essential to arrange for someone to accompany you home following the procedure for safety purposes.
- 6** After the procedure, refrain from:
 - Driving a motor vehicle
 - Operating any machineries
 - Consuming alcohol and taking any drugs
- 7** The effect of the procedure and medication should wear off the next day and you should be able to resume normal activities.
- 8** You can return to your regular diet unless otherwise instructed by the doctor.
- 9** In the unlikely event, should you experience severe abdominal pain, bleeding, fever, or persistent nausea/vomiting after the procedure, seek medical attention immediately.

2

Colonoscopy

What is Colonoscopy?

Colonoscopy is the endoscopic examination of the large intestine (colon) with a camera or a fibre optic camera on a flexible tube passed through the anus. It provides a visual diagnosis (e.g., ulceration, polyps) and grants the opportunity for biopsy or removal of suspected colorectal cancer lesions.



Colonoscopy
is recommended
for people with:



Prolonged constipation, incomplete evacuation



Persistent diarrhoea



Bloody diarrhoea



Rectal bleeding



Alternate diarrhoea and constipations



Suspected to have colon cancer



Occult blood loss or anaemia



Children with suspected colonic polyps



Unusual findings on Ultrasonography (USG) / Contrast-Enhanced Computed Tomography (CECT)

Preparing for Colonoscopy



Maintain a light diet the day prior to your colonoscopy.

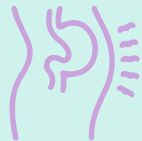


Prior to your colonoscopy, it is crucial to fast. Refrain from consuming any food or beverages for a period of time as instructed before the procedure.



On the day of or day before colonoscopy, you will be prescribed bowel preparation solution to help cleanse your colon. Make sure to stay hydrated throughout the process.

What happens after the Colonoscopy?



You may experience mild stomach cramping or bloating due to the influx of air during the colonoscopy procedure. These sensations should subside promptly once you expel gas from your bowel and you should be able to resume eating after the procedure.

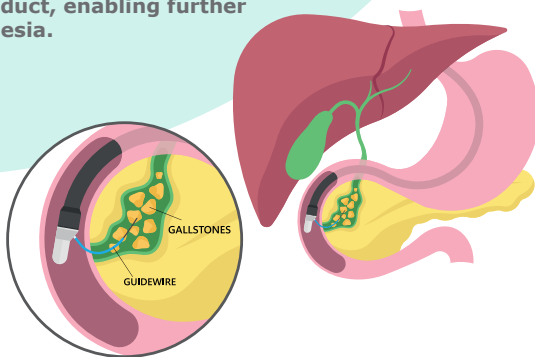


Endoscopic Retrograde Cholangiopancreatography (ERCP)

What is ERCP?

Endoscopic Retrograde Cholangiopancreatography (ERCP) is a procedure in which a flexible endoscope, called a side-view duodenoscope, is passed through the mouth and over the tongue into the gullet, stomach, the first part of the small bowel, and to the ampulla of Vater (opening to the bile duct).

After the injection of contrast into the biliary system, real-time images—similar to X-ray images—are captured. These images allow the doctor to detect any abnormalities within the bile duct and pancreatic duct, enabling further intervention under general anaesthesia.



ERCP

is recommended for people with:



Blockage or stone in the common bile duct



Fluid leakage from the bile or pancreatic ducts (e.g. disrupted duct)



Blockages or narrowing of the pancreatic ducts



Tumours (cancer of the bile ducts or pancreatic ducts)



Infection of the bile ducts

Preparing for ERCP

Consult your doctor regarding any existing health conditions or medications you are currently using. It is important to mention any allergies that you have.

Avoid taking blood-thinning medications, such as Aspirin, for one week prior to the ERCP procedure.

Ensure that your stomach is empty. Do not consume any food or liquids for a period of 8-12 hours before the scheduled ERCP.

Remove all accessories, including jewellery, watches, dentures, and contact lenses, before the procedure.

A sedative will be administered during ERCP.

After ERCP

Unless instructed otherwise, you are free to resume your regular diet.

If a cut was made in the duct during the procedure, avoid blood-thinning medications such as Aspirin for 7 days.

While ERCP is generally considered safe, it is important to note that in 1-5% of cases, patients may experience complications such as pancreatitis (inflammation of the pancreas), cholangitis (inflammation of the bile duct), bleeding, or perforation. If any of these complications occur, seek medical attention immediately.



Our Consultants



Dr. Deborah Chew Chia Hsin
Consultant Gastroenterologist
and Hepatologist
& Internal Medicine Physician



Dr. Johann Faizal Khan
Consultant General and
Hepatobiliary-Pancreatic
Surgeon



Dr. Loo Geng Loon
Consultant General and
Colorectal Surgeon



Dr. Tan Yee Ling
Consultant General, Breast
and Endocrine Surgeon



Dr. Tan Yu Peng
Consultant Gastroenterologist
and Hepatologist
& Internal Medicine Physician



Dr. Tee Teong Jin
Consultant Gastroenterologist
and Hepatologist
& Internal Medicine Physician



**Dr. Ussof Eskaandar
Mohd Hussain**
Consultant General and
Colorectal Surgeon



Dato' Dr. Tikfu Gee
Consultant General and
Bariatric Surgeon



Dr. Ahmad Ramzi Yusoff
Consultant General and
Hepatobiliary-Pancreatic
Surgeon



Dr. Hairol Azrin Othman
Consultant General and
Hepatobiliary-Pancreatic
Surgeon



Dr. Kuar Wei Khie
Consultant Gastroenterologist
and Hepatologist
& Internal Medicine Physician



Dr. Lim Shu Yu
Consultant General Surgeon



Dr. Tan Ooi Keat
Consultant Gastroenterologist
and Hepatologist
& Internal Medicine Physician



Dr. Zairul Azwan
Consultant General and
Colorectal Surgeon

Contact us at

WhatsApp : +6019 320 2291
General line : +603 9772 9191
Emergency Service : +603 9772 9111

Operation Hours

Mon-Fri : 8:30am-5:00pm
Sat : 8:30am-1:00pm
Closed on Sundays and Public Holidays



SUNWAYMEDICALCENTREVELOLOCITY

www.sunwaymedicalvelocity.com.my