

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Having an endoscopy

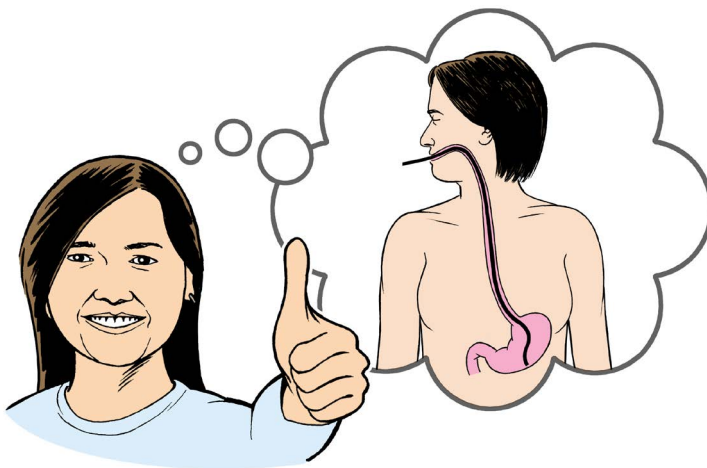




About this easy read booklet



This booklet is about having an endoscopy.



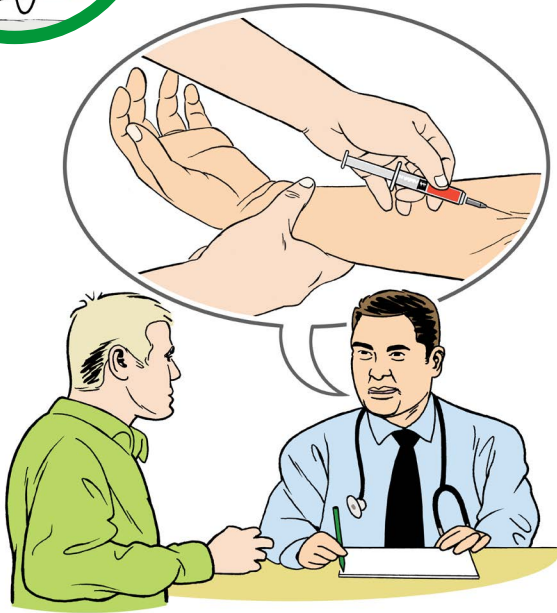
You can learn about what will happen at the hospital when you go in for an endoscopy.



If you are worried about your health, you should talk to a doctor or nurse.



Having tests at the hospital



There are different tests that you may have at the hospital. Usually you will need more than one test to find out what is wrong.



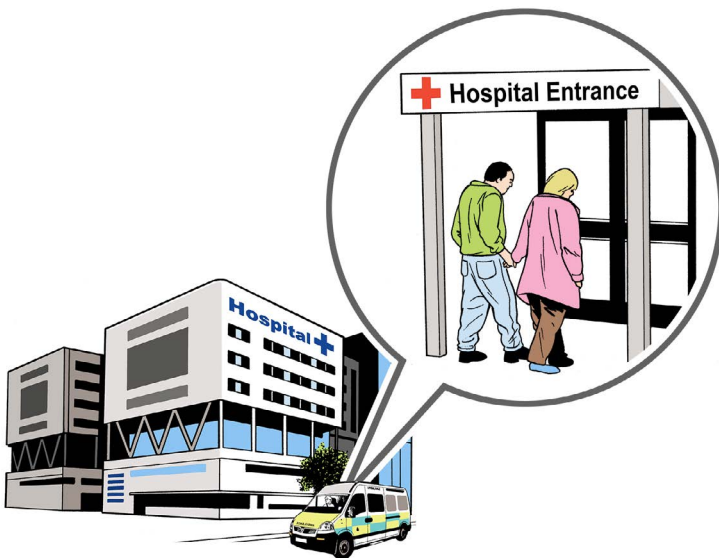
Some tests can hurt your baby if you are pregnant. So it is very important to tell the doctor, nurse or the person who gives you support if you are pregnant.



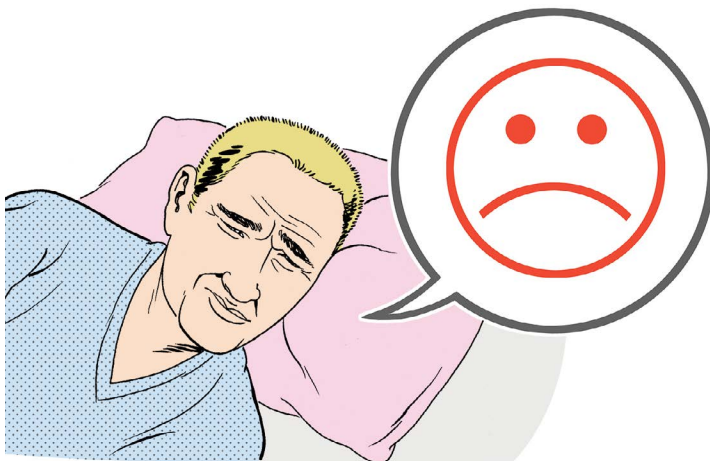
Tell them if you think you might be pregnant, even if you're not sure.



Before you have a test you might want to ask the doctor or nurse to tell you what they are going to do.



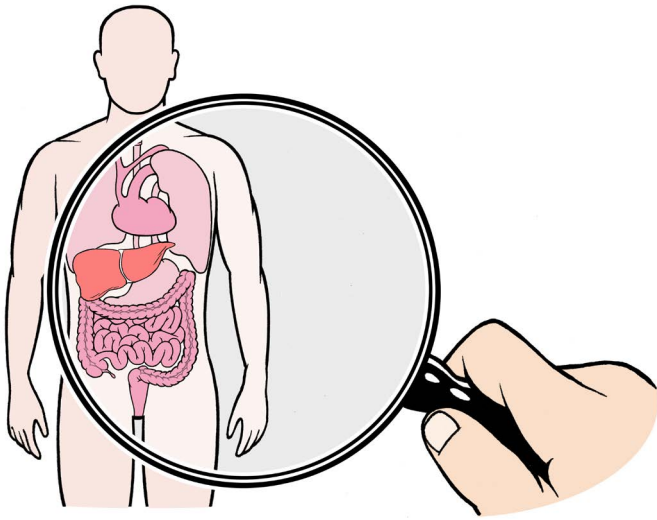
You may also want to visit the hospital with the person who gives you support before you go for the tests. Then you will know what it is like.



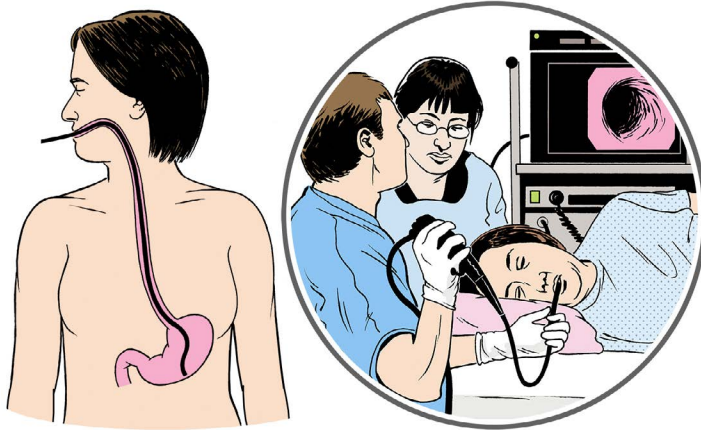
Tests can be uncomfortable but should not be painful. Tell the doctor or nurse if you have any pain.



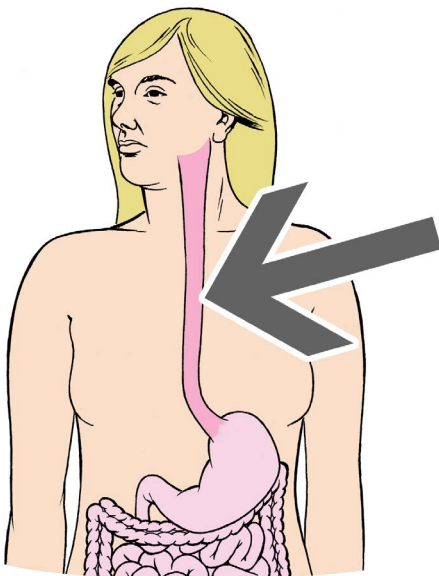
Having an endoscopy



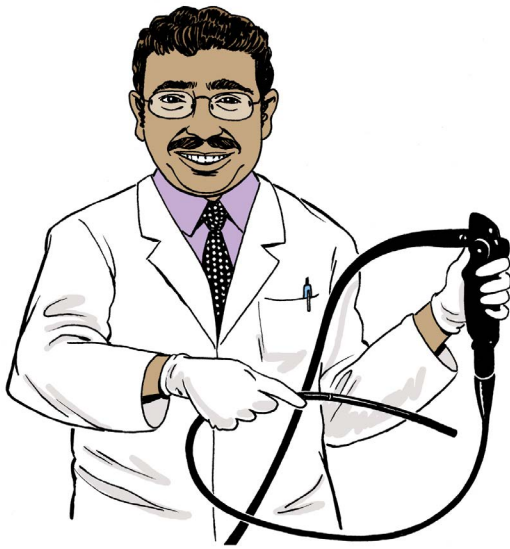
Sometimes doctors need to look inside your body to find out what is wrong.



They might need to look down your throat to check your **oesophagus** (food pipe) or stomach. This is called having an **endoscopy**.



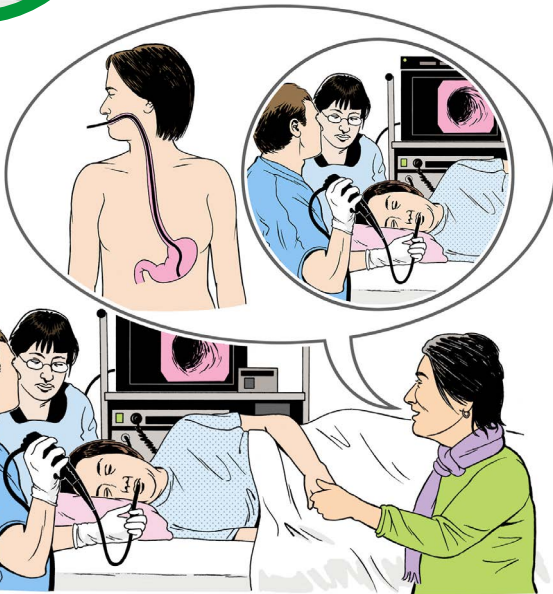
The **oesophagus** is the long tube your food goes down to get from your mouth to your stomach.



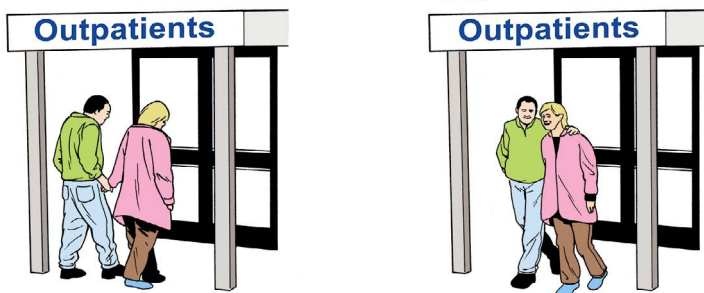
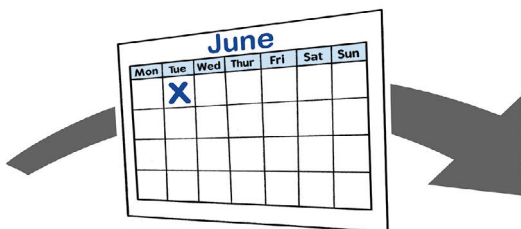
The doctor will use a long bendy tube called an endoscope. This has a tiny camera and light on the end of it. This helps the doctor to see if anything is wrong.



What happens



Tell the nurse if you want to have someone with you while you have the test. They can hold your hand and tell you everything that is happening.



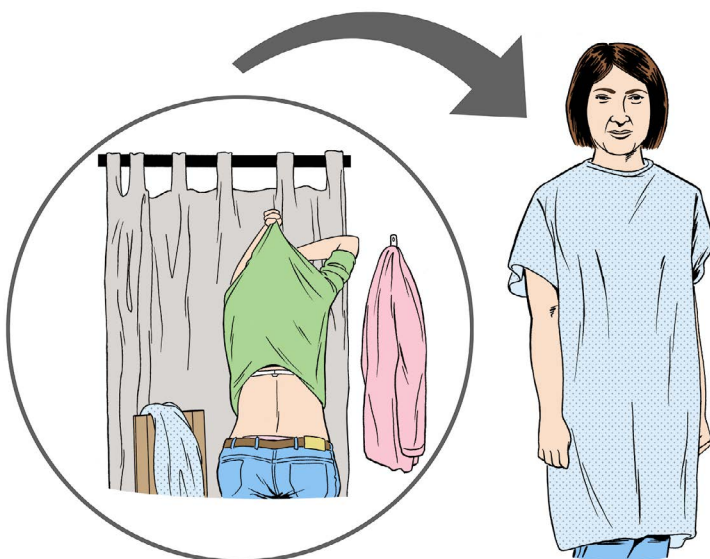
You can have this test as an **outpatient**. This means that you will visit the hospital for the test and then go home after. You will not need to stay overnight.



You will be told when to stop eating and drinking on the day of the test. This is so your stomach will be empty when you have the test.



If you usually take tablets or other medicines, you will be told if you should stop taking them before the test. If you are not sure, ask your doctor or nurse.



At the hospital you may be asked to change into a hospital gown. You will be shown where to change. Once you are ready, you will be asked to get onto the bed.



You will be awake when you have the test but you can choose to have medicine that will make you sleepy. If you have this medicine, you might not remember the test afterwards.



If you don't want to have medicine to make you sleepy, the doctor will spray the back of your throat. The spray will make it numb.



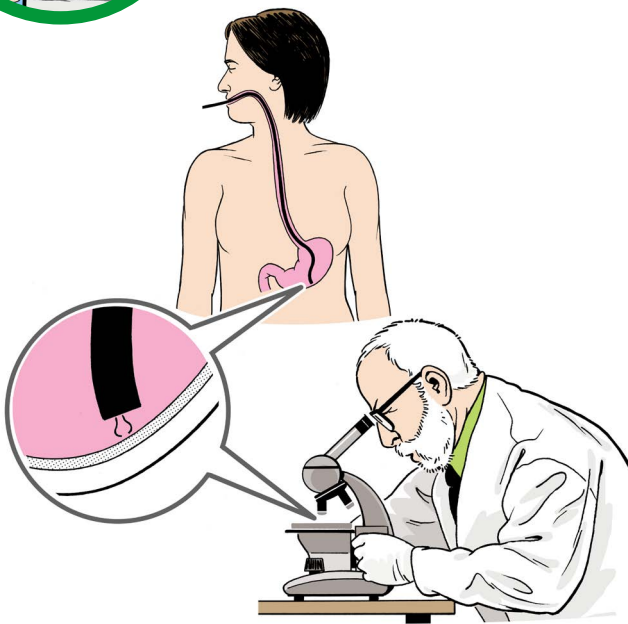
The doctor will put the tube down your throat to the area they need to look at.



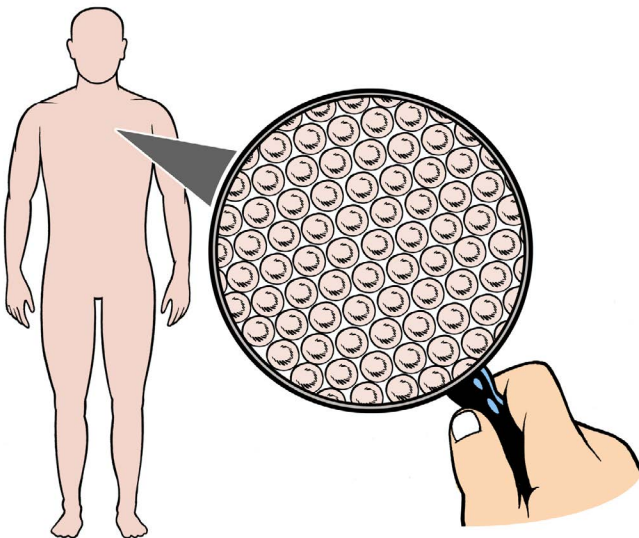
This may be uncomfortable to swallow but should not be painful. Tell the doctor if you have any pain.



Biopsy



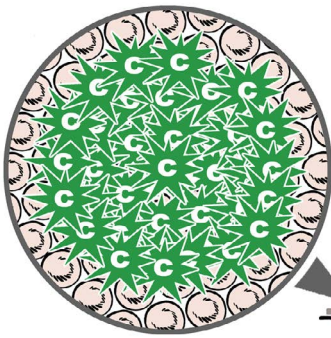
Sometimes the doctor will take a sample of **cells** from inside you. After the test these cells will be checked under a **microscope**.



Cells are the tiny building blocks that make up people's bodies.



A **microscope** is what a doctor can use to look at very tiny things like cells. It makes the cells look a lot bigger so the doctor can see them.



This sample of cells is called a **biopsy**. It will help the doctor decide if anything is wrong. You can learn more about this in our booklet, **Having a biopsy**.



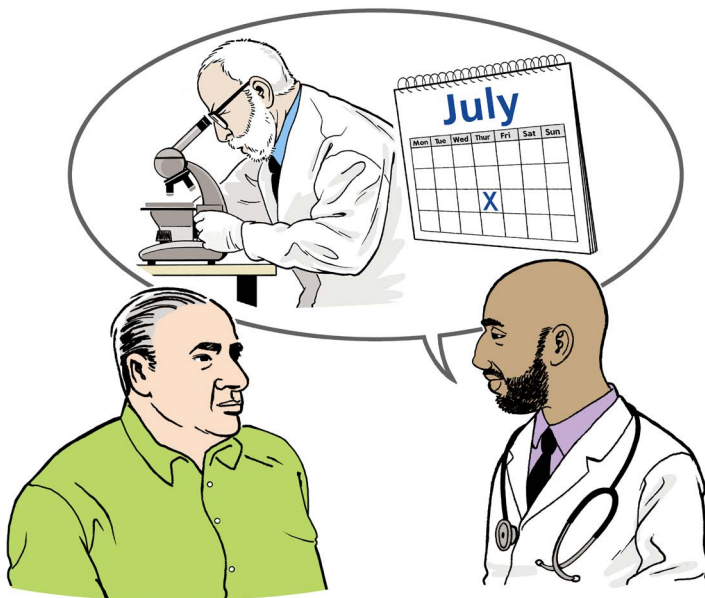
After an endoscopy



When the test is over you will need to rest for a while. If you have had medicine to make you sleepy, you may feel sleepy for some time afterwards.



If you have had medicine to make you sleepy, you will need someone to take you home. The doctor or nurse will tell them how long they need to stay with you.



It can take some time to get the results of your endoscopy. It may take from 2 days to 3 weeks. Your doctor will tell you how long you may have to wait.



It can be worrying to wait for the results of medical tests. It may help to have someone to talk to while you are waiting. They can also support you when you get the results.

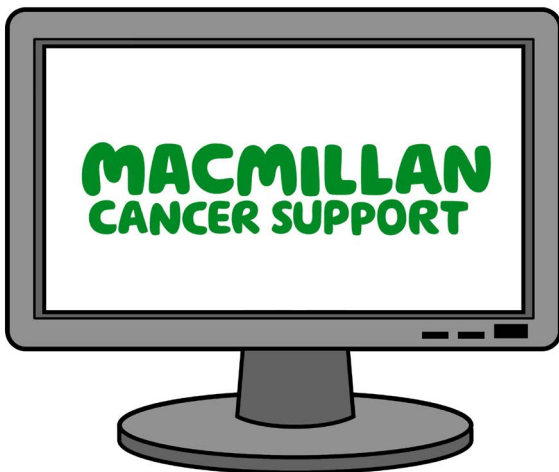


How Macmillan can help you

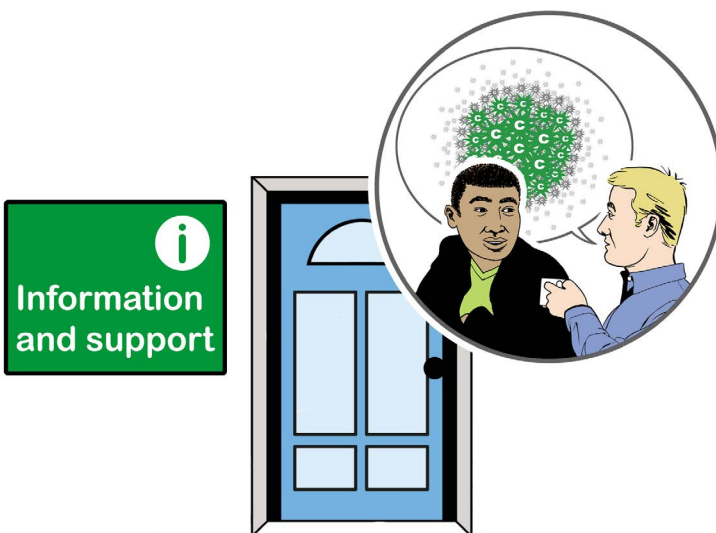


You can get support from:

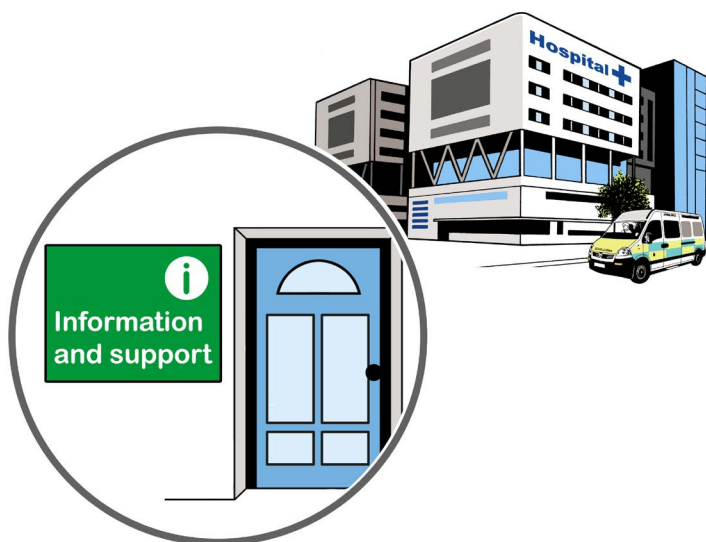
- The Macmillan Support Line.
Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



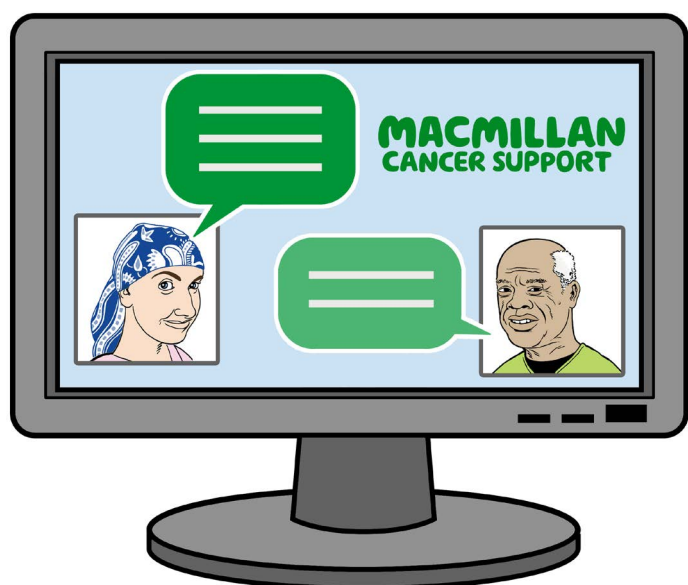
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.



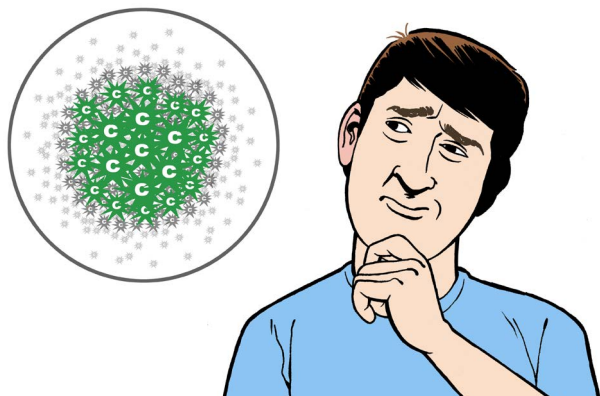
- Local support groups. Find a group near you at macmillan.org.uk/supportgroups or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at macmillan.org.uk/community



More easy read booklets



Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you

About cancer

- Lung cancer
- What is cancer?

Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



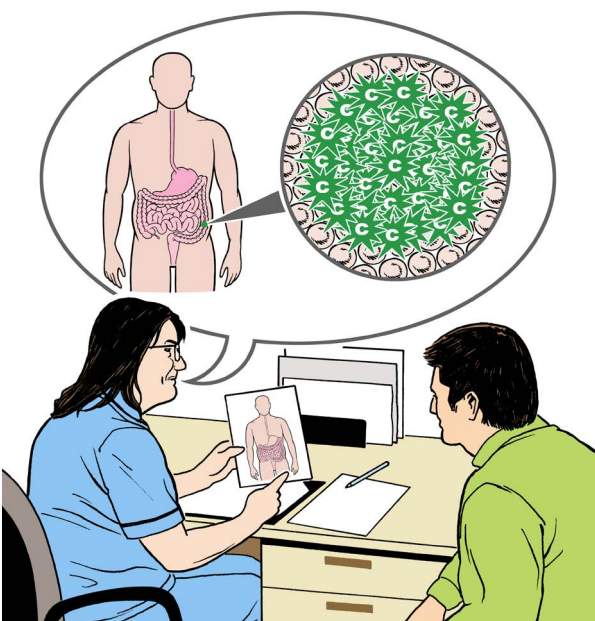
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website
macmillan.org.uk/easyread or call us on **0808 808 00 00**

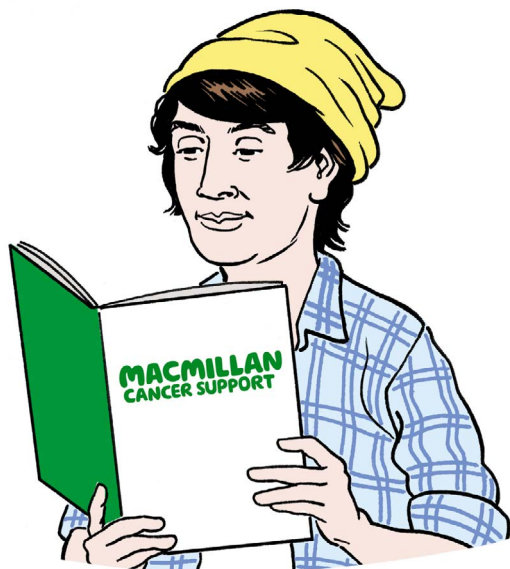


More information and resources



Macmillan website

There is lots of information about cancer at macmillan.org.uk



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



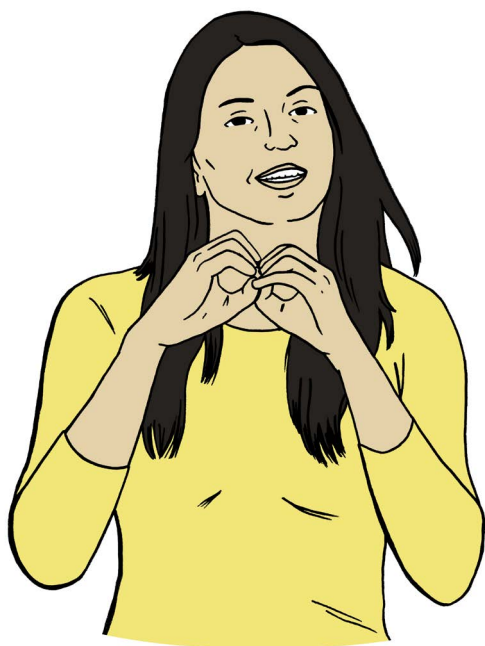
Videos

You can watch videos about cancer at macmillan.org.uk/videos



Audio

You can listen to information about cancer and order CDs from macmillan.org.uk/audio



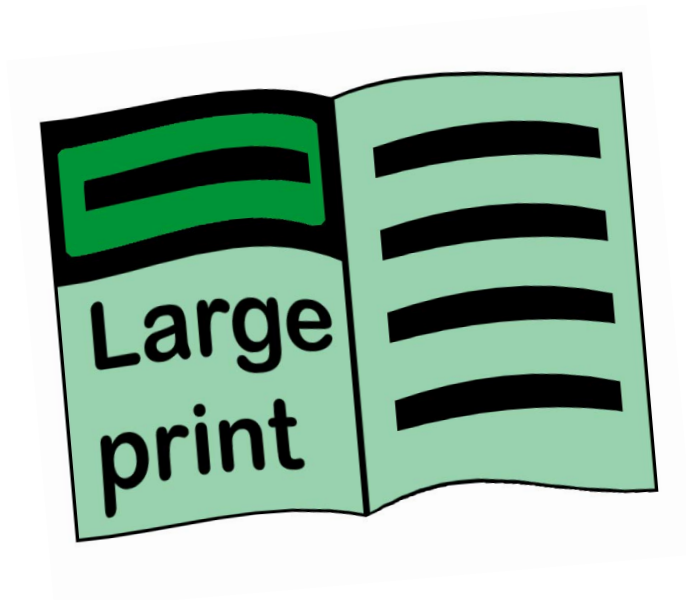
British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



eBooks

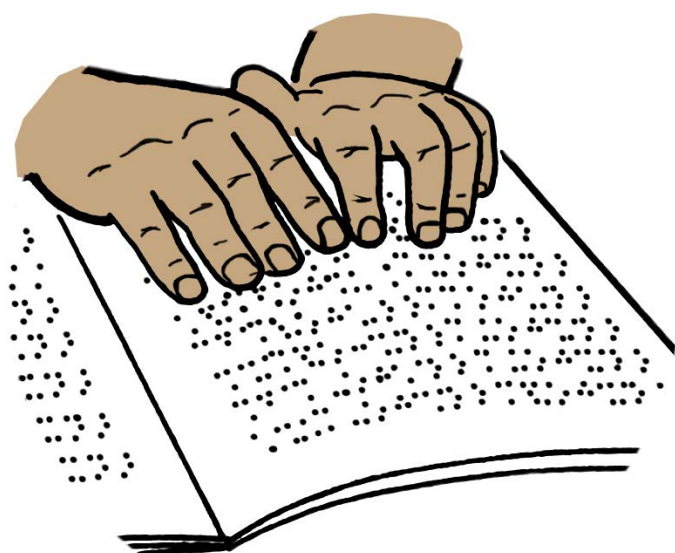
You can get eBooks about cancer from be.macmillan.org.uk



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



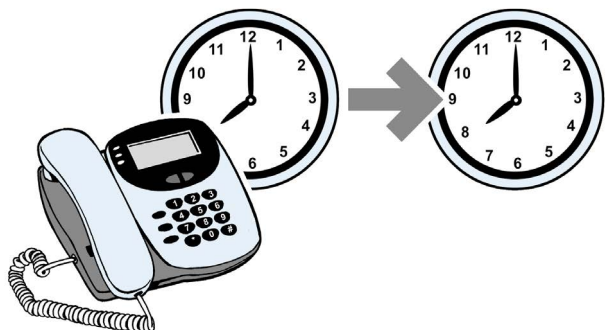
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

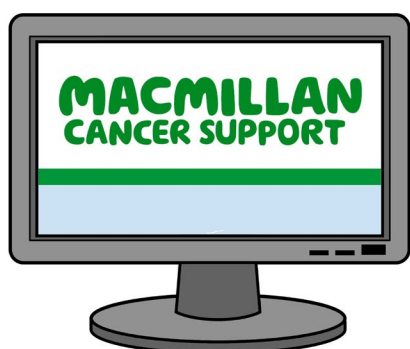
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

MAC16316 Produced November 2019.

Next planned review 2022.

© Macmillan Cancer Support. All illustrations © CHANGE.

Macmillan Cancer Support, registered charity in England and Wales [261017], Scotland [SC39907] and the Isle of Man [604].



In partnership with

**MACMILLAN
CANCER SUPPORT**