In partnership with

MACMILLAN CANCER SUPPORT

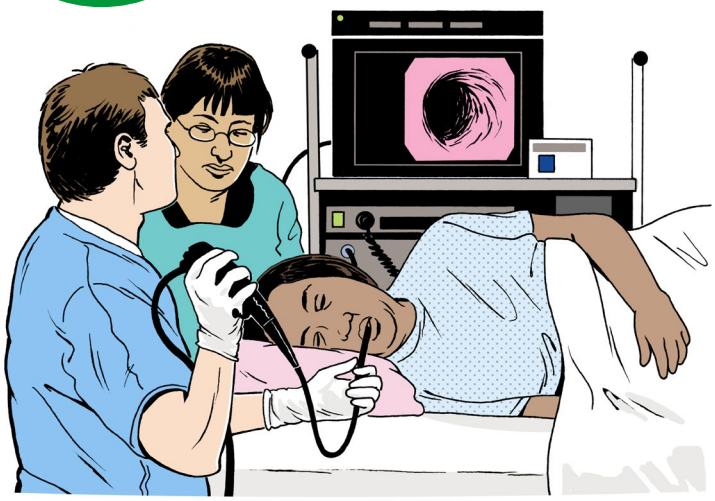
easy read

Having an endoscopy

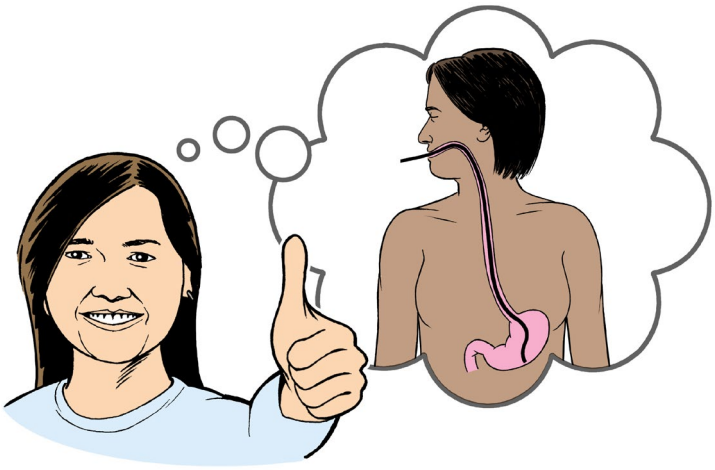




About this easy read booklet



This booklet is about having an endoscopy.



You can learn about what will happen at the hospital when you have 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.



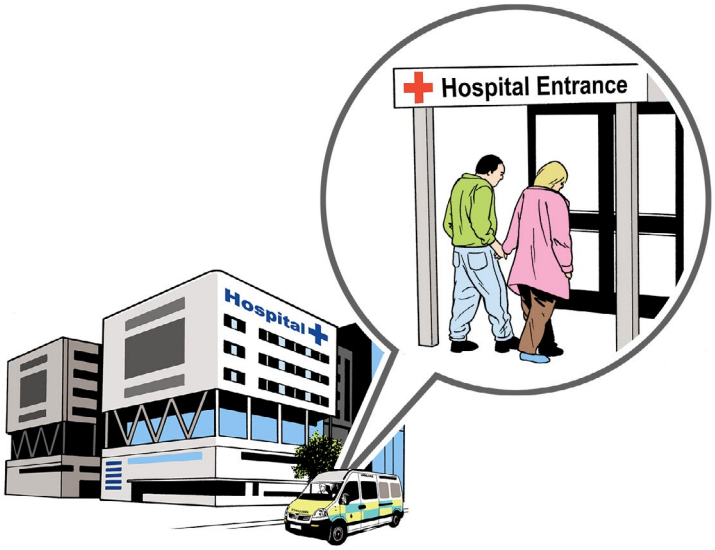
It is important to tell your doctor or nurse if you are pregnant. Some tests can hurt your baby.



Tell the doctor if you think you might be pregnant, even if you are not sure.



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



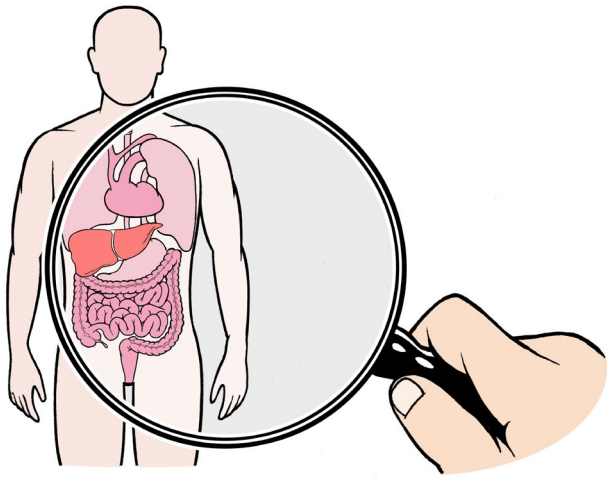
You may be able to visit the hospital with the person who gives you support before you go for the tests. Then you will know what it is like.



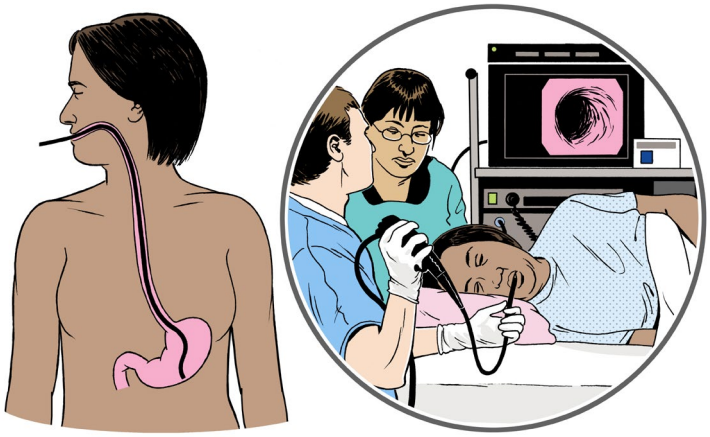
Tests can be uncomfortable but should not be painful.
Tell the doctor or nurse if you have any pain.



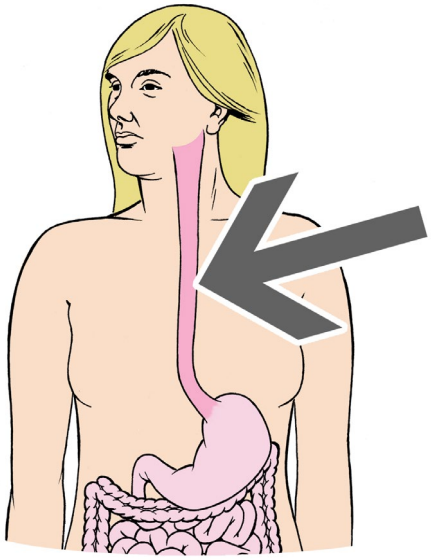
Having an endoscopy



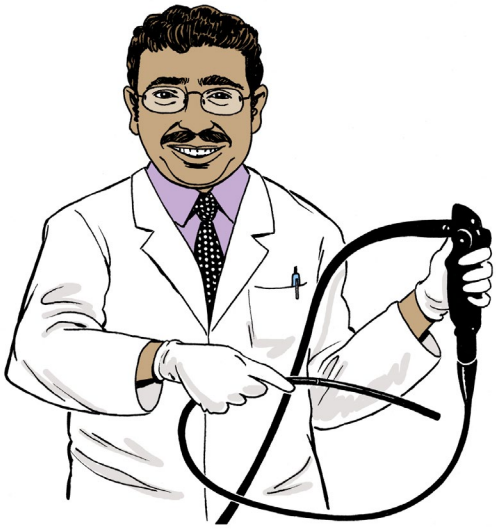
Sometimes doctors need to look inside your body to find out what is wrong.



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



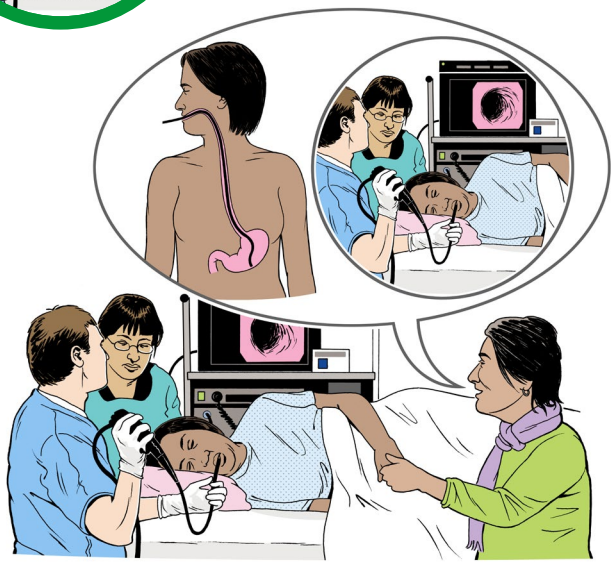
The **oesophagus** is the long tube your food goes down to get from your mouth to your stomach.



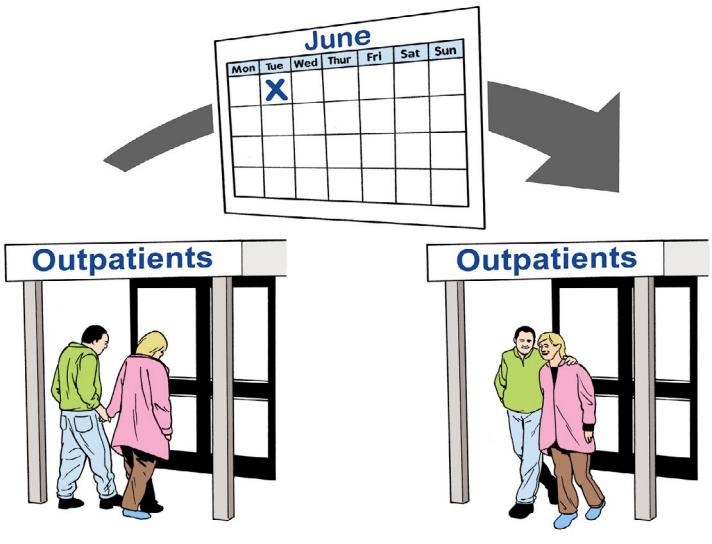
The doctor will use a long bendy tube called an **endoscope**. This has a tiny camera and light on the end of it. This helps the doctor to see if anything is wrong.



What happens on the day



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.



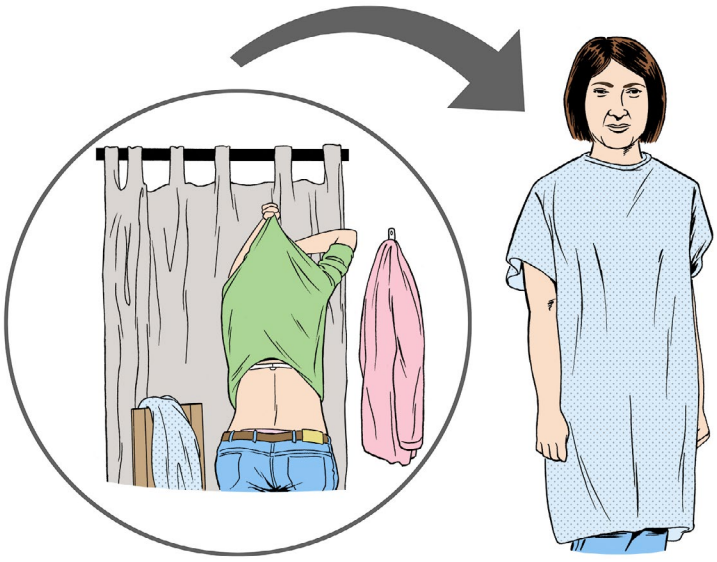
You can have this test as an **outpatient**. This means you can go home afterwards. You will not have to stay in hospital overnight.



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 may be told 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 take all of your clothes off apart from your underwear. You will be given a hospital gown to put on. Then you will lie on a 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 do not want to have medicine to make you sleepy, the doctor will spray the back of your throat. The spray will make it numb.



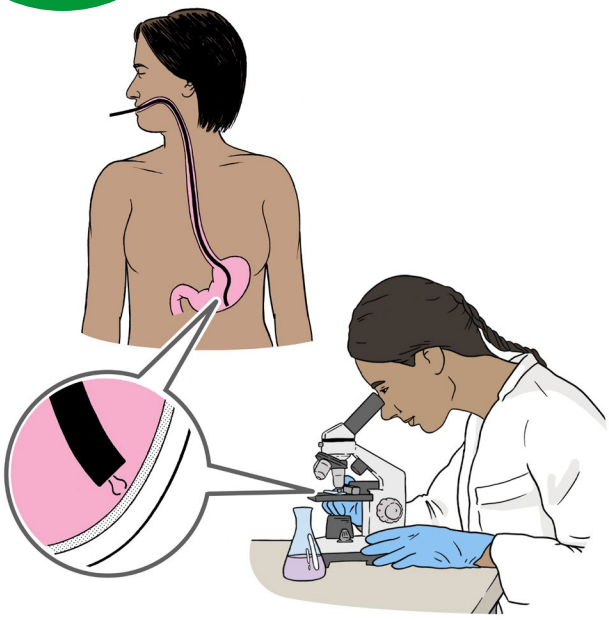
The doctor will put the tube down your throat to the area they need to look at.



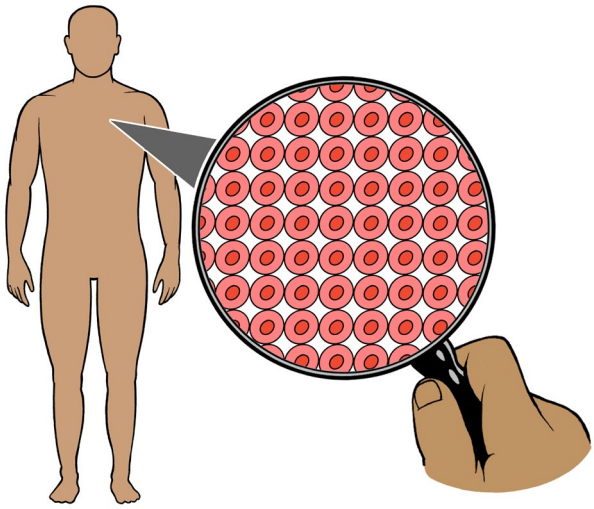
This may feel uncomfortable to swallow but should not be painful. Tell the doctor if you have any pain.



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 your body is made of.



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**.



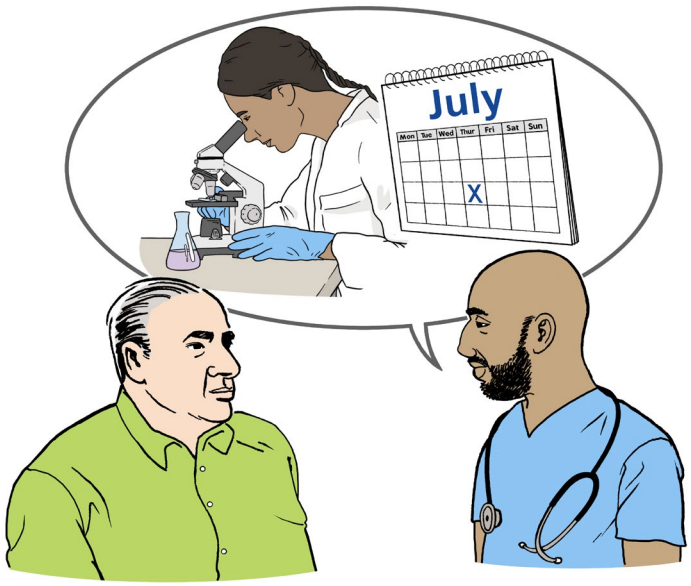
After an endoscopy



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 and stay with you. The doctor or nurse will tell them how long they need to stay.



It can take some time to get the results of your endoscopy. 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



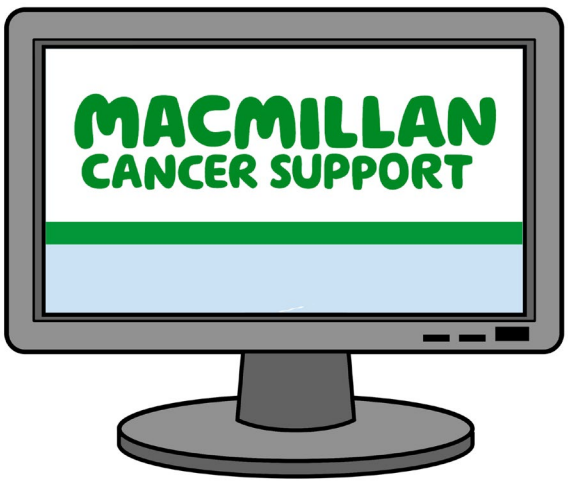
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

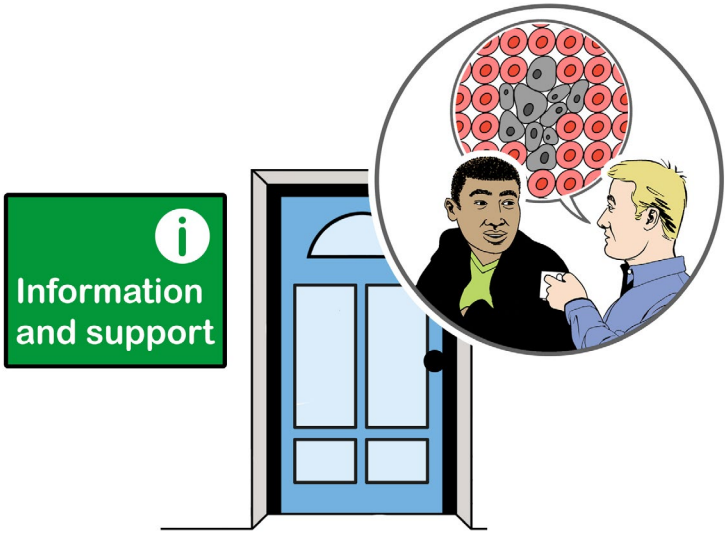


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit **macmillan.org.uk** for information about cancer. You can also use our web chat to ask questions at **macmillan.org.uk/talktous**



Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at **macmillan.org.uk/informationcentres** or call us.



Local support groups

Find a group near you at **macmillan.org.uk/supportgroups** or call us.



Macmillan Online Community

You can talk to other people in similar situations at **macmillan.org.uk/community**



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from **orders.macmillan.org.uk**



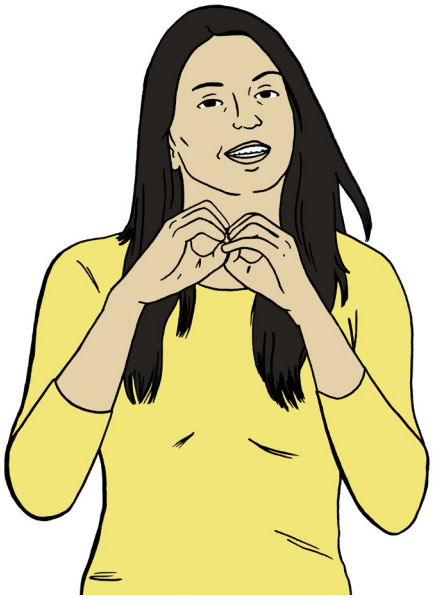
Videos

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



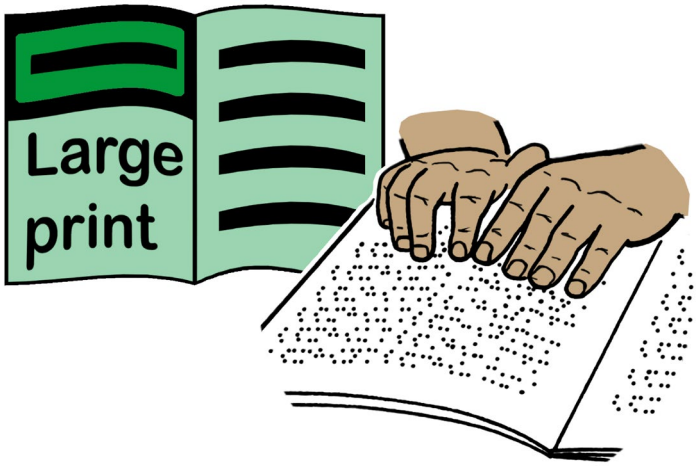
Audio

You can listen to information about cancer from **macmillan.org.uk/audio**



British Sign Language (BSL)

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



Large print or Braille

Tell us if you need information in large print or Braille.
Email: **informationproduction team@macmillan.org.uk**



Translations

Tell us if you need information in another language.
Email: **informationproduction team@macmillan.org.uk**

More easy read booklets



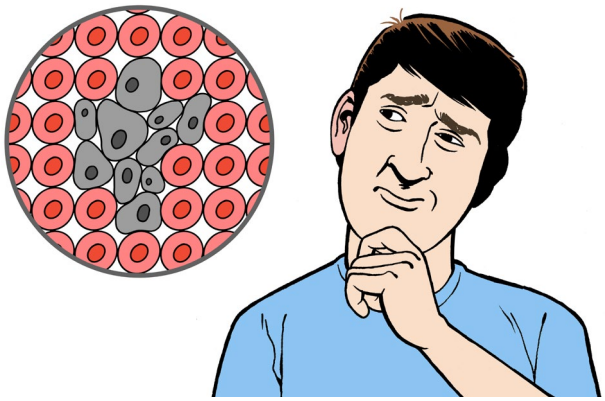
Order more easy read booklets from **macmillan.org.uk/easyread**

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)



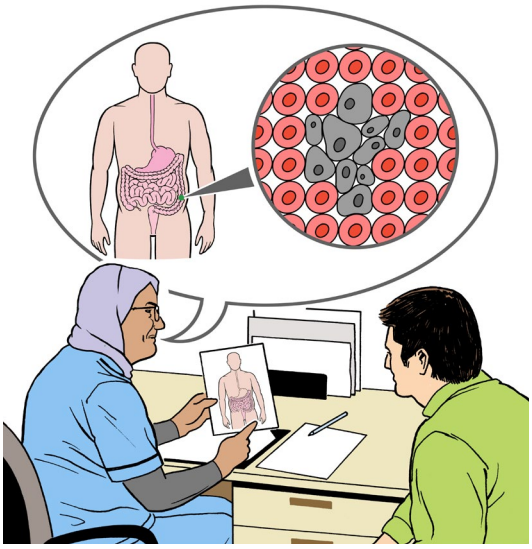
About cancer

- Bowel cancer
- Breast care and screening
- Lung cancer
- Prostate cancer
- What is cancer?



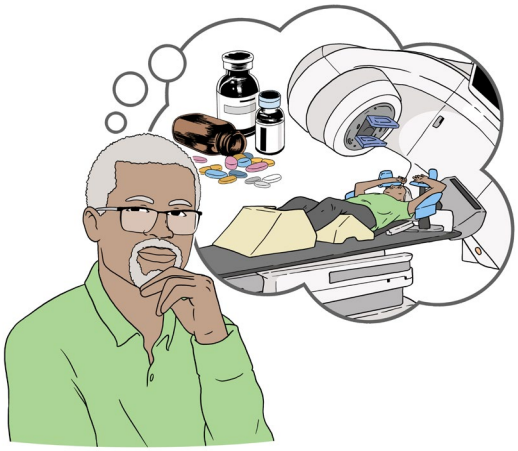
Tests for cancer

- 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



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy



Living a healthy life

- Alcohol and your health
- Be safe in the sun
- Eat a healthy diet
- Exercise
- Have safer sex



Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- What happens after cancer treatment ends
- Work 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
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



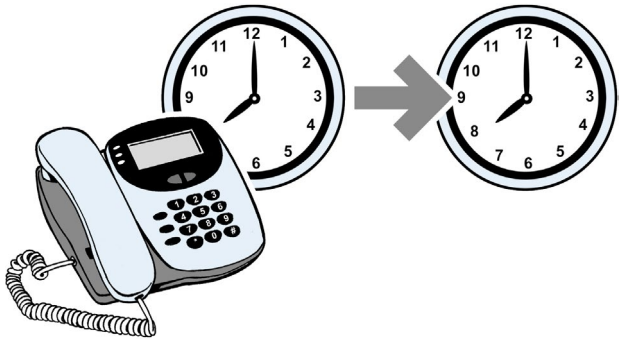
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

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

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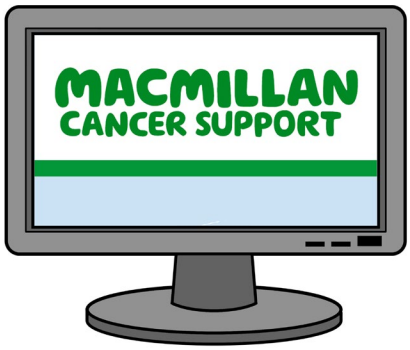
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



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



- If you use a textphone, you can call:
  18001 0808 808 00 00



- Or go to the website:
  macmillan.org.uk

Trusted Information Creator
Patient Information Forum

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

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CHANGE

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