

## 胃鏡檢查

Endoscopy involves the use of a flexible video instrument to examine the upper intestinal tract including the oesophagus, stomach and duodenum. The procedure is commonly undertaken if your doctor suspects that you have inflammation, ulceration or other abnormality of the oesophagus, stomach or duodenum.

胃鏡是利用一條柔軟可彎曲的內視鏡，由口腔進入，檢查上消化道，包括食道、胃、十二指腸。如果您的醫生懷疑您有食道、胃或十二指腸的炎症、潰瘍或其他異常，胃鏡是首選的檢查方法。

## How are you prepared? 胃鏡檢查前預備

You should not smoke or have solid food for 8 hours, but clear fluids are allowed up to 4 hours before your procedure – after this you should be "NIL BY MOUTH" (nothing at all to eat or drink). At the beginning of the procedure your throat may be sprayed with a local anaesthetic, and you will be given a sedative by injection into a vein to make you more comfortable. The procedure will take between 10-15 minutes and you will be sleeping for about a half-hour afterwards.

檢查前 8 小時，禁止吸煙或吃固體食物，但檢查前的 4 小時可以喝清色液體 - 在此之後， "NIL BY MOUTH"（一點都不能進食或喝水）。在檢查開始時，醫生可能會於你的咽喉後部噴局部麻醉劑，通常鎮靜劑會被注射進手背的靜脈，使你更舒適。程序需要 10-15 分鐘，之後您將睡約半小時。

## What do we do? 胃鏡怎麼做

An endoscopy is a flexible tube about 9mm in diameter. It allows full colour inspection of the oesophagus, stomach and duodenum. It also allows biopsies to be taken from the stomach, small bowel and other areas.

胃鏡檢查是一根直徑約 9 毫米的細軟管。醫生可以對食道，胃和十二指腸進行全色檢查，還可以從胃，小腸和其他部位採取活檢。

## Special Considerations 特殊注意事項

If you have serious heart or chest problems, special precautions need to be taken to reduce any possible risks. You should therefore inform your doctor of any serious illness of any nature. The precautions taken will usually include providing oxygen during the procedure and/or monitoring the heart and oxygen levels during the procedure.

如果您有嚴重的心臟或胸部問題，則需要採取特殊的預防措施，以減少任何可能的風險。因此，你應通知你的醫生任何性質的嚴重疾病。預防措施通常包括在手術過程中提供氧氣和/或監測手術過程中的心臟和氧氣含量。

## **Safety and risks 安全與風險**

Gastrointestinal endoscopy is usually simple and safe. It is unlikely to cause problems but rarely patients may have a reaction to the sedation or damage to the oesophagus, including perforation at the time of examination. Bleeding is a rare complication following upper endoscopy and biopsy. Damage to loose, decayed teeth or dental bridges rarely can occur. Such complications are extremely rare. Full details of all possible rare complications can be discussed with your doctor before the procedure.

胃鏡檢查一般是簡單和安全的。它不太可能引起問題，然而，所有的外科手術都附帶若干的風險。仍有少數受檢者可能對鎮藥有反應或食道損傷，包括檢查時穿孔。胃鏡檢查和活檢後出血是一種罕見的並發症。鬆動、蛀牙或牙橋的損壞很少發生。這種併發症極為罕見。所有可能的罕見併發症的全部細節可以在手術前與您的醫生討論。