

## 食道胃腸內窺鏡檢查(簡稱胃鏡)

胃鏡檢查是利用內窺鏡來檢查上消化道，包括食道、胃、及十二指腸。內窺鏡本身是一條細小而柔軟可扭曲的管子(直徑大約1-1.5厘米)，在管道的前端裝設有微形攝錄機，檢查時醫生會小心地把內窺鏡從病人口腔經過喉部進入食道，透過同步視像，檢查及診斷食道、胃及十二指腸內壁有否異常現象，如潰瘍和腫瘤等。

## 需要接受胃鏡檢查的原因

患有上消化道疾病的病人可能出現下列一項或以上的症狀

- 吞嚥時感覺異常或困難
- 胃酸倒流或心口灼熱
- 非心臟病引發之胸口痛
- 消化不良、上腹疼痛或不適
- 出現貧血的病徵如暈眩，疲倦及面色蒼白
- 懷疑上消化道出血(嘔吐物帶血/血塊，或糞便呈黑色或帶血)

## 胃鏡所需的準備

- 進行檢查前八小時禁止進食(固體或流質)
- 病人如需長期服用藥物、患慢性病或對任何藥物敏感，請預先通知醫生或護士。

## 檢查過程

- 護士在檢查前會在病人的喉部噴上局部麻醉藥；
- 病人也可選擇接受靜脈注射鎮靜劑，這會使病人有昏睡的感覺；
- 在檢查過程中，病人會有輕微嘔吐及腹脹的感覺；
- 胃鏡檢查需時大約五至十分鐘，醫生亦會抽取胃組織測試有否幽門螺旋菌，幽門螺旋菌乃引致胃、十二指腸潰瘍及胃癌的最主要原因；
- 如發現有瘻肉，醫生一般會即時切除。如有較嚴重發炎，或懷疑惡性腫瘤，則會抽活組織作進一步化驗；
- 與其他檢驗無異，胃鏡有它的風險，包括對麻醉藥/鎮靜劑的過敏反應、胃刺穿、感染、心肺問題等，但這些風險甚低。

## 檢查後護理及注意事項

- 檢查後二十四小時內，或會感到喉部及腹部輕微不適；
- 沒使用鎮靜劑的病人可在檢查一小時後開始進食；
- 有接受鎮靜劑的病人，二十四小時內不能駕駛車輛，乘腳踏車，操作器械及切勿喝酒，病人在檢查後需由成人陪同離開。

## 檢查結果

- 醫生會在檢查後告訴你有關結果；
- 如需進行活組織化驗，報告一般可在數天內完成，病人可在一星期後約見醫生，醫生會按病人的情況作出建議及跟進。



# 胃鏡檢查 OGD



## Oesophagogastroduodenoscopy (OGD)

OGD is a procedure involving the use of an endoscope to examine the upper gastrointestinal tract which includes oesophagus, stomach and duodenum. An endoscope is a thin flexible tube (about 1-1.5cm in diameter) that has a tiny video camera at the front end. The endoscope is introduced carefully and gently through the mouth into the oesophagus. Direct visual inspection of the inner lining of these organs enables doctors to detect abnormalities such as ulcers and cancer.

## What are the reasons for doing OGD

Patients with diseases affecting the upper gastrointestinal tract may have one or more of the following symptoms:

- Difficulty or abnormal sensation during swallowing
- Acid reflux or heartburn
- Chest pain not due to heart disease
- Indigestion, upper abdominal pain or discomfort
- Symptoms of anaemia e.g. dizziness, tiredness and pale appearance
- Suspected cancer or ulcer of the upper gastrointestinal tract
- Vomiting of blood / clot or passage of black stool

## Preparations for OGD

- No oral intake (solid or liquid) for 8 hours before the procedure
- Inform the doctor / nurse of any regular medications, any chronic illness or drug allergy.

## The procedure itself

- OGD is done after local anaesthetic spray has been applied to the back of mouth and throat.
- Individuals can choose if he or she wants to have injection of sedative medications which would make one sleepy during the procedure.
- During OGD, individual may feel nauseous and bloated.
- The procedure takes about 5-10 minutes to complete. It may take longer if the doctor finds abnormalities that necessitate further action such as biopsy for gastritis or suspected cancer.
- Stomach tissue will also be taken to test for Helicobacter pylori, which is an important cause of stomach / duodenal ulcer and stomach cancer. If polyps are found, they will also be removed.
- Like many other investigative procedures, OGD has its own risks, which include allergic reaction to anaesthetic/sedative, perforation, infection, heart / lung problems and so forth. The risks, however, are very low especially if no abnormality is found.

## After the OGD

- There may be sore throat and mild abdominal discomfort for 24 hours.
- A patient who has not received sedative medication may resume food or drinks 1 hour after OGD.
- If sedative medication has been given, the patient should be accompanied by adults on leaving the clinic and must not drive, ride a bicycle, operate any machinery or drink alcohol within 24 hours of the OGD.

## The findings

- Doctor will inform you of the findings after the procedure
- If biopsy has been taken, it will take a few days for the tissue to be properly examined. Patient should make appointment to see the doctor in about a week to discuss the results. The doctor will then advise on further management and follow-up needed.



UMP Medical Services  
宏康 聯合醫務

查詢電話 For enquiry, please call

**3110 2785**

網址 website: [www.ump.com.hk](http://www.ump.com.hk)