

# A/PROF GREGOR JE BROWN

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## GASTROENTEROLOGIST

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### What is an 'antegrade balloon enteroscopy'?

Antegrade balloon enteroscopy is a gastroscopy-like procedure where the doctor inserts a long thin flexible endoscope with a balloon overtube through the mouth allowing direct inspection of the oesophagus (gullet), stomach and upper small bowel (duodenum and jejunum).

### How are you prepared?

For safety and to get the best view your stomach needs to be empty. **You should have nothing solid to eat in the six hours leading up to your arrival time, but you may continue 'clear fluids' until two hours prior to arrival.** After that you must remain FASTED apart from a sip of water with any important regular medicines.

### Special considerations

People with diabetes, heart-valve disease or on blood thinners (other than aspirin) may require special arrangements which should be discussed with Dr Brown.

### What happens on the day of the procedure?

- Come to the Endoscopy Unit at the time you are told. Don't bring any valuables.
- You will be admitted by a nurse and seen by the anaesthetist.
- Once in the examination room you will have a sedative injection to help make you comfortable, however some discomfort may be experienced. General anaesthesia may be used.
- The time taken to complete the procedure varies, but is generally around 30-60 minutes.
- Depending on the findings, biopsies (samples) may need to be taken, or polyps (small growths of the bowel lining) removed.

### What happens after the balloon enteroscopy?

- After the procedure you will be taken to the Recovery Area until any sedation wears off – you may have some bloating and discomfort from the gas inserted during the procedure, which will pass.
- After something to eat and drink you will be able to go home – you may not drive yourself, sign legal documents, or drink alcohol that day. **An adult needs to take you home and stay with you.**
- You will be given discharge instructions, and if necessary a follow-up appointment will be made.

### Safety and Risks

- The instruments are completely cleaned between each patient so there is almost no risk of transmission of infectious diseases.
- The most common complications of balloon enteroscopy are mild throat soreness, abdominal bloating and discomfort after the procedure.
- More serious complications are very rare and include: puncture (perforation) or bleeding, reactions to the sedative injection or chipped teeth. These problems may require urgent treatment such as blood transfusion or even operation.
- While balloon enteroscopy is the most accurate means of assessing the upper small bowel, it is possible to miss small but important lesions.
- You may not be aware of complications until a few days after the procedure. You should not plan to travel for this time. Any bleeding or severe pain should be reported to a doctor promptly.
- Like all invasive medical procedures, there is a remote chance that complications can result in death - *this is extremely rare.*

***In an emergency, page Dr Brown on 9387 1000***