

# Gastroscopy

## Post Procedure Advice

### After your procedure:

- Do not eat or drink for **30 minutes** after the throat spray.
- For the next **24 hours** everything you eat, or drink should be cooled and not too hot.
- You may continue your normal medications. However, if you have been advised to stop a blood thinning medication, a nurse will let you know before you leave when it is safe to start taking it again.

### If you have had sedation, for the following 24 hours:

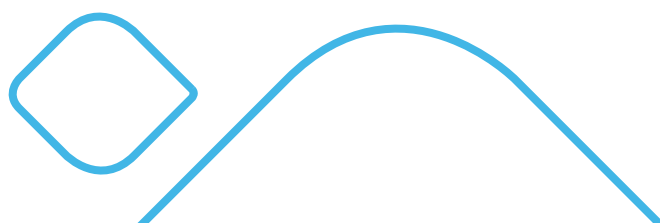
- You cannot legally drive.
- You must not use or operate machinery and electrical appliances.
- You must not drink alcohol.
- You should not sign any important documents or papers that you may not want to agree to at a later time.
- You must not look after anyone who needs your help to manage, such as young children or older members of the family.
- You must have someone to supervise you at home and accompany you during your discharge from the hospital.

### You may experience:

- Slight abdominal (tummy) discomfort immediately following the procedure due to the air introduced. This can be relieved by moving around, passing wind or warm drinks when you are able to.
- A mild sore throat which usually resolves within 24 hours, taking throat lozenges can help.

### Follow Up:

- If biopsies have been taken, you will be informed with the results either at your outpatient appointment, or in a letter. We will also let your GP know by giving them a copy of the letter.



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**Please seek medical help straight away if you develop any of the following symptoms:**

- Severe pain and/or vomiting
- Rectal (back passage) bleeding, black tarry stools or vomiting blood
- A high temperature and/or 'flu like' symptoms
- Redness, pain and/or swelling at the site where you had a cannula if you had sedation

**On Monday to Friday between 08.00 and 18.00 please call the endoscopy department on 01225 821425 or 01225 821788.**

**Out of hours please call 01225 824430 to speak to a nurse for advice.**

**If in doubt, go straight to the nearest emergency department or call NHS 111.**

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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Green Endoscopy 