Endoscopy Department

Discharge advice after your gastroscopy with oesophageal dilation

Information for patients
After your gastroscopy / dilation

The sedation you have been given makes you sleepy and can cause forgetfulness and lack of concentration.

You should go home and rest today. The drugs remain in your body for at least 24 hours, so you must have someone responsible with you for this period of time.

You should not go home on public transport after this procedure. You will need to be taken home by car. This will be more comfortable for you and also quicker for you to return to the hospital if there are any complications on the journey home.

In the next 24 hours:
• Do not go to work.
• Do not drive a motorised vehicle (your insurance will not cover you).
• Do not operate machinery.
• Do not make important decisions.
• Do not sign legally binding documents.
• Do not drink alcohol.

After effects

You may have a sore throat for about 24 hours. This is quite normal.

You should contact the number at the back of this leaflet if you experience:
• severe pain in your neck, chest or abdomen
• trouble breathing
• vomiting blood.

Eating and drinking

Unless you are given specific instructions by your doctor, you can return to eating and drinking straight after your procedure. Try eating small meals regularly and chew food well. Drink plenty of fluids with your meals and when taking tablets.
What happens next?

A copy of the endoscopy report will be sent to your GP within 10 working days. You should also be given a copy of this report before you go home.

Your results

These are sent to the Doctor who requested that you have the test. They should be received within 20 working days.

If your GP referred you for the test, you should contact your GP’s surgery in 4 weeks’ time. If you wish to discuss the results of the biopsy please make an appointment with your GP.

If the investigation was requested by a hospital Consultant, the report will be sent to them. The Consultant will then write to your GP to tell them the results of the biopsy. If you are having other tests your Consultant may need to wait for all the results before they write to your GP. This may not be until after you have returned for a further outpatient appointment.

Your follow up is:

☐ No further appointment is needed
☐ Make an appointment with your GP in 4 weeks
☐ An outpatient appointment will be sent to you in 
                weeks/ months
☐ A repeat procedure will be arranged in \ weeks/ years

The following further investigations will be arranged:

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How to contact us

If at any time you have any problems or queries about your test, please call the Urgent Endoscopy Advice Line (24hr).

Tel: 01865 741 166 – ask to bleep 6825

Let us know your views

Comments about your experience in the Endoscopy Departments can be emailed to:

John Radcliffe: endoscopy@ouh.nhs.uk
Horton General Hospital: horton.endoscopy@ouh.nhs.uk

Or you can write to:

Endoscopy Sister
Endoscopy Department
Level 2
John Radcliffe Hospital
Headley Way
Oxford OX3 9DU

Endoscopy Sister
Endoscopy Department
Horton General Hospital
Banbury
OX16 9AL

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk