Endoscopy Department

Discharge advice after your gastroscopy and colonoscopy

Information for patients
After your gastroscopy and colonoscopy

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 will remain in your body for at least 24 hours, so we recommend that you have somebody 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

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

**If you have severe pain in your neck, chest or abdomen, you should contact the numbers overleaf.**

**Colonoscopy**
You may feel bloated with mild abdominal pain. This is due to wind and should quickly settle. Peppermint tea/water, warm drinks and walking around should help you pass the wind out.

If you have had biopsies taken or polyps removed you may experience some bleeding from your back passage. This should stop when your bowels have been opened once or twice.

**If you have continued or worsening bleeding, or if you have severe abdominal pain, you should contact the numbers overleaf.**

Eating and drinking

- **If you have had throat spray** you must not eat or drink for 45
minutes after your gastroscopy. After 45 minutes you can try a small sip of water. If this does not make you cough or gag (choke) you can eat and drink normally. If you experience coughing or gagging, do not eat or drink for a further 30 minutes and then try again.

- **If you have not had throat spray,** you can eat and drink straight after your procedure.
- Once you are swallowing normally you can also resume taking your usual medications.

### 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:
How to contact us

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

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:

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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