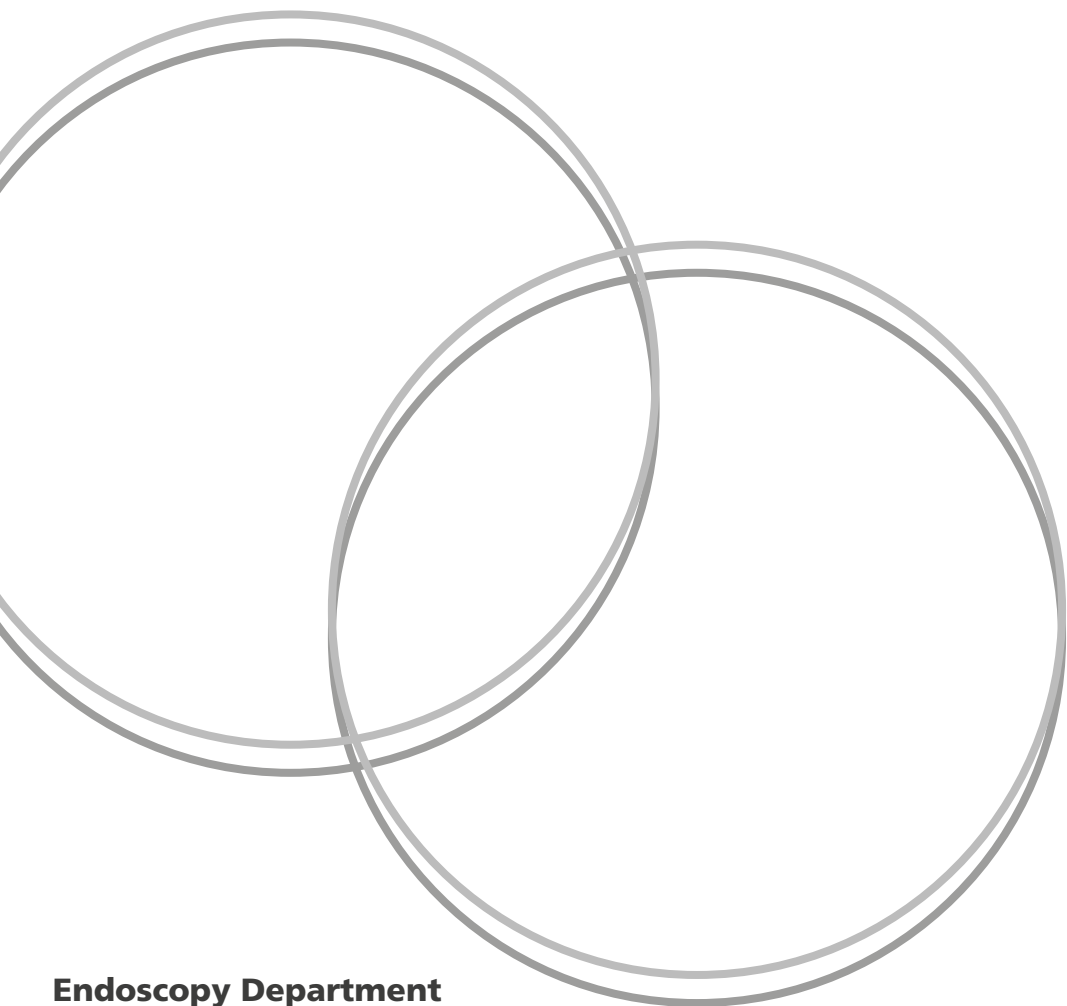




Oxford University Hospitals
NHS Foundation Trust

Discharge Advice After Your Gastroscopy

Information for patients



Endoscopy Department

After your gastroscopy

The sedation you have been given makes you sleepy and can cause forgetfulness and lack of concentration for up to 24 hours. You should go home and rest today.

You must be collected and accompanied home.

If you have had sedation and live alone, we recommend that you try to arrange for someone to stay with you overnight.

For 24 hours after the sedation you must not:

- drive
- drink alcohol
- operate heavy machinery
- sign any legal documents.

Most people feel normal after 24 hours.

After effects

You may have a sore throat from the endoscope going down your throat for about 24 hours. This is quite normal.

If procedure included banding of the oesophageal varices, you may notice an ache in the central chest, behind the breast-bone or some discomfort on swallowing. This is normal, may last a couple of days and can be treated with paracetamol. Severe pain is not normal. Banding is performed to reduce the risk of bleeding from varices. Nevertheless, in the short term, bleeding can occur as a result of banding and if you notice this, you should seek urgent medical help.

After all gastroscopy procedures, If you have severe pain in your neck, chest or abdomen, trouble breathing or vomiting, you should contact the Urgent Endoscopy Advise Line:

Telephone: **01865 741 166** - ask for bleep 6825
(During the hours of 8am to 6pm, Monday to Saturday).

Out of these hours and on bank holidays ask the operator to bleep the on call Gastro-registra.

You should contact us on the number at the back of this leaflet if you experience:

- **Severe pain in your neck, chest or abdomen**
- **Trouble breathing**
- **Vomiting.**

Eating and drinking

- **If you have had throat spray** you must not eat or drink for 1 hour after your gastroscopy. After 1 hour you can try a small sip of water. If this does not make you cough or gag 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, unless advised otherwise.
- When you are swallowing normally you can start taking your usual medications, unless advised otherwise.

What happens next?

A copy of the endoscopy report will be sent to your GP electronically within 1 working day. You should also be given a copy of the report before you go home.

Your results

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.

If your GP referred you for the test, you and your GP will receive your results from one of our Gastroenterologists.

You have been given a copy your report with initial findings and if further follow up is required you will be contacted by the relevant department.

How to contact us

For any other non-urgent matter, please contact the John Radcliffe Endoscopy Department on: 01865 221 456 or for the Horton Endoscopy Department call: 01295 229 155.

Let us know your views and experience in the Endoscopy Department

You can comment by visiting: ouh.nhs.uk/fft

Or you can email:

John Radcliffe Hospital:
[**endoscopy@ouh.nhs.uk**](mailto:endoscopy@ouh.nhs.uk)

Horton General Hospital:
[**HortonEndoscopyBookingAdmin@ouh.nhs.uk**](mailto:HortonEndoscopyBookingAdmin@ouh.nhs.uk)

Or 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

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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