



Oxford University Hospitals
NHS Foundation Trust

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 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 legally binding documents.

Most people feel back to normal after 24 hours.

After effects

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

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, severe abdominal pain or unexplained fever, or severe pain in your neck, chest or abdomen, please contact the Urgent Endoscopy Advice Line on the number at the back of this leaflet.

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.
- 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 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 you and 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.

Your follow up is:

- No further appointment is needed
- 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 you have continued or worsening bleeding, severe abdominal pain or unexplained fever, or severe pain in your neck, chest or abdomen, 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:

Horton General Hospital:

endoscopy@ouh.nhs.uk

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 **PALS@ouh.nhs.uk**

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www.ouh.nhs.uk/information

