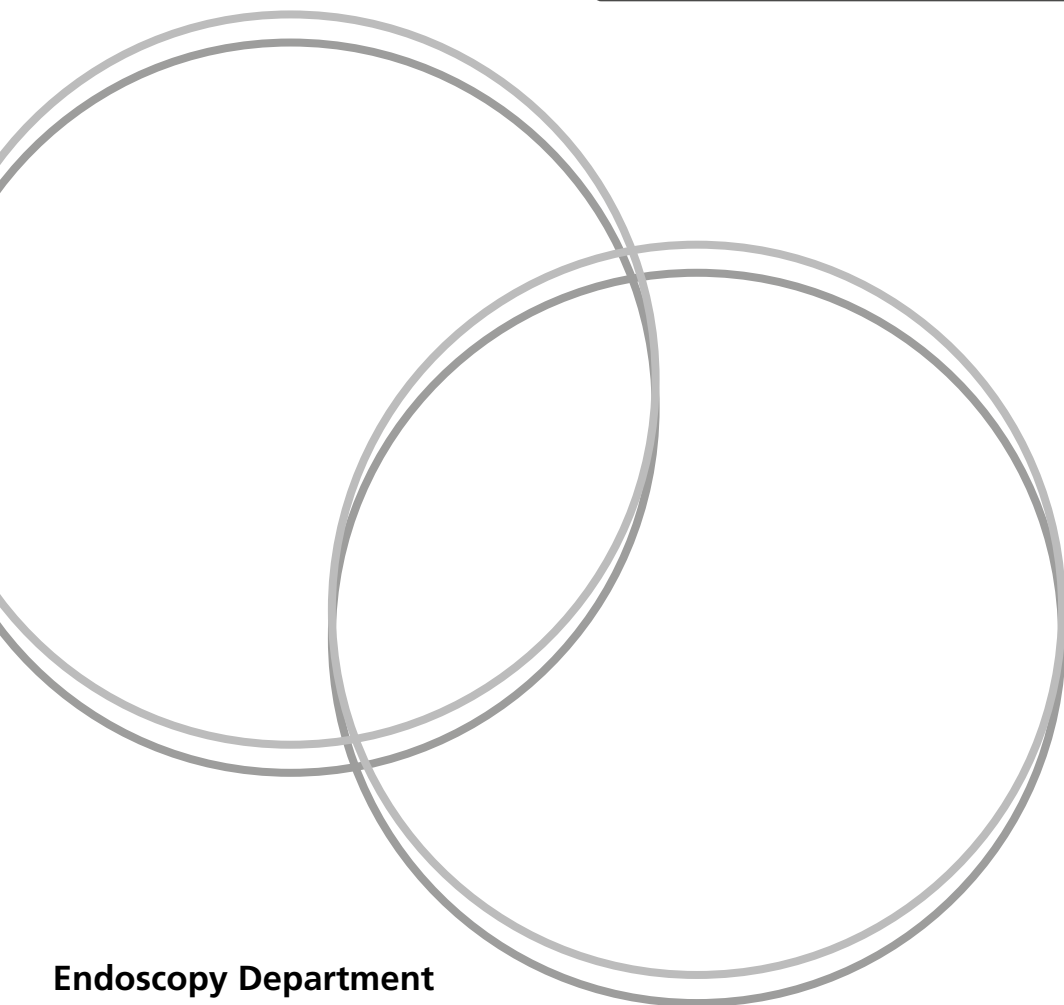


# Discharge advice after your gastroscopy with oesophageal dilation

Information for patients



## **After your gastroscopy/dilation**

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

## **Eating and drinking**

Unless you are given specific instructions by your doctor, you can eat and drink straight after your procedure. You can also continue taking your usual medication, unless advised otherwise.

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 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.

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:

.....

.....

.....

## How to contact us

If you have continued or worsening bleeding, severe abdominal pain or unexplained fever, please call the Urgent Endoscopy Advice Line.

Tel: **01865 741 166** – ask to bleep **6825**

## Let us know your views and experience in the Endoscopy Department

You can comment by visiting: **[ouh.nhs.uk/fft](https://ouh.nhs.uk/fft)**

Or you can email:

John Radcliffe:

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

Horton General Hospital:

**[horton.endoscopy@ouh.nhs.uk](mailto:horton.endoscopy@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

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter. Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

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

Author: Endoscopy Team  
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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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