

Following your gastroscopy and oesophageal dilatation *with sedation +/- throat spray

Gemini Endoscopy Suite
Tel: 01271 349180

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at rduh.pals@nhs.net.

After your gastroscopy, if you had sedation, a responsible adult must collect you **from endoscopy reception** and stay with you for at least 12 hours, because you will be drowsy from the medication you have been given. Small amounts of sedation will remain in your body for up to 24 hours. During this period, although you may feel wide-awake you will still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light headed or faint.

Sedation can impair your reflexes and judgement.

It is for these reasons that for **24 hours after your procedure** you:

- Go home and take complete rest for the remainder of the day and have a quiet day tomorrow
- Must not drive a car (your car insurance is invalid for the 24-hour period)
- Must not ride a motorbike or bicycle
- Must not operate any machinery or electrical items, e.g. kitchen appliances
- Must not drink alcohol
- Must not take any sleeping tablets
- Must not sign any legally binding documents
- Do not bath or shower
- Must not work

When can I eat and drink again?

You have been given a local anaesthetic throat spray, to numb your throat during the procedure.

- You should have **nothing to eat or drink** until:

During your gastroscopy procedure today, you have had a narrowing in your oesophagus stretched, using an inflatable balloon. This is to enable you to eat and drink again. Usually the nurse in recovery will check your swallowing with sips of cold water. This is to check and to make sure the normal sensation has returned.

- For the rest of the day take cool liquids only
- For the first 24 hours following your procedure take a soft diet
- After 24 hours if you are tolerating a soft diet, proceed to a normal diet

When I am at home, what if I feel unwell after the procedure?

Stretching the gullet is a safe procedure with a very low frequency of complication, but occasionally the following can occur:

- Chest pain:** This can be common around the area that you have had dilated. This settles after the procedure and may remain for a couple of days. Taking some pain killers can help, but if this worsens then contact your GP immediately.
- Sore throat - hoarse voice:** You may experience a sore throat or hoarse voice. This is not unusual, and this should ease within a day or so.
- Bleeding:** It is normal to cough up small amounts of blood in your sputum particularly if you had lots of biopsies. This is fairly rare and should settle within a day. If the bleeding persists for more than 24 hours and/or gets heavier, please consult your doctor for immediate medical advice.
- Fever:** This is extremely rare after a gastroscopy. A high temperature above 38 degrees may indicate that you may have developed an infection after your procedure. If this happens, please consult your doctor for immediate medical advice.
- Abdominal pain and bloating:** Abdominal discomfort is fairly common after a gastroscopy. Some patients have discomfort due to air that is put into the stomach during the test, but this will subside rapidly.
- Localised infection:** For your procedure you will have had your medications administered through a special intravenous cannula. Sometimes the area can get sore and infected after the procedure. This may need a treatment with topical cream or some antibiotics. If this happens, please visit your GP for advice and treatment.

Medications

You may resume normal medications after your gastroscopy, unless advised otherwise

If you take blood thinning medications please restart them on

When will I get my results?

A nurse will speak to you before you leave the Gemini Endoscopy Suite and explain:

- What was seen and done during your procedure
- Whether you will need any further follow up
- A scanned copy of your report will be sent to your GP today and any results should be with your GP within 2 weeks

What if I need further advice and assistance?

The stricture or narrowing you have may not have responded well to the procedure and may require for you to return to the unit to have the procedure again. If you have felt no improvement in your symptoms, then please contact your GP to arrange further treatment.

Please do not hesitate to contact us if you are worried about any symptoms you experience after your procedure.

- In normal working hours Monday to Friday 8am to 6.30pm, telephone the Gemini Endoscopy Suite on **01271 349180**
- Outside these hours contact your GP surgery or if in an emergency come to the North Devon District Hospital A&E
- Alternatively, telephone NHS Direct on **111**

Further information

Please telephone the Gemini Endoscopy Suite on **01271 349180**

www.bsg.org.uk - British Society of Gastroenterology

www.modern.nhs.uk - NHS Modernisation Agency National Endoscopy Programme

www.grs.nhs.uk - Endoscopy Global Rating Scale

References

Endoscopy Unit - Gateshead Health NHS Trust

Endoscopy Unit - St George's Healthcare NHS Trust

Endoscopy Department - North West London Hospitals NHS Trust

Endoscopy Suite - Good Hope Hospital NHS Trust

Hypnovel (Midazolam) information literature

Xylocaine (Lidocaine) spray information literature

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk or freephone 0800 122 3135.

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