

# Following your nasal endoscopy

## Other formats

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Today you have had an examination of the oesophagus, stomach and duodenum. Any after effects are minimal and most patients recover quickly following a gastroscopy.

## What to expect.

### Abdominal discomfort

It is common to feel bloated and have some wind associated pains due to the air that is used to inflate your stomach during the procedure. This should settle down in a few hours.

### Sore nose and throat

It is very common to have nasal soreness and a sore throat. You should not blow your nose for 2-4 hours as this will help prevent any bleeding. It is OK to wipe your nose with a tissue / handkerchief.

If you had a biopsy taken, you may cough or bring up a small amount of blood-stained fluid. This is quite normal and will pass up to 24-48 hours.

## When to seek medical advice

If you have:

- Abdominal pain / severe tenderness (not caused by wind)
- A firm or swollen abdomen
- High temperature greater than 38 degrees
- Vomiting
- A persisting and worsening Nose bleed that will not stop
- Pass blood (red or black) in your bowel movements.

## Can I continue taking my medication?

Please continue to take any regular medication unless otherwise advised on your report.

<b>You may start to eat and drink at:</b>	
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## What do I do if my nose bleeds?

Nose bleeds can be common after having a Nasal Endoscopy. The best way to treat this is

- Sit up with your head tilted forward. This is to prevent blood being swallowed which can irritate and upset your stomach.
- Pinch the soft part of your nose (below the hard nasal bones) between thumb and forefinger for at least 10 minutes without letting go.
- Place an icepack on the bridge of your nose or sit in a cool aired room.
- If after 30 minutes the bleeding persists, go to Accident and Emergency.

### Once the bleeding has stopped:

- Rest
- Avoid stooping, bending and lifting heavy weights.
- Avoid vigorous activity, such as exercise.
- Avoid blowing your nose vigorously, if needed, blow gently through one nostril at a time.
- Sneeze with an opened mouth to reduce pressure.
- Avoid smokey atmospheres and hot spicy foods for 48-72 hours.

## Further information

Please telephone the Gemini Endoscopy Unit on **01271 349180** Monday to Friday 8am – 6pm.

Out of these hours, please contact your GP Surgery. Alternatively, telephone North Devon District Hospital Accident and Emergency on **01271 322480**.

### Useful website

[www.bsg.org.uk](http://www.bsg.org.uk) – British Society of Gastroenterology

## References

Endoscopy Unit – Somerset NHS Foundation Trust

Endoscopy Unit – Musgrove Park Hospital

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## 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](mailto:rduh.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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Tell us about your experience of our services. Share your feedback on the Care Opinion website [www.careopinion.org.uk](http://www.careopinion.org.uk).

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