

Following your gastroscopy and injection of Botox *with sedation +/- throat spray

Gemini Endoscopy Suite
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 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

How does Botox work?

During your gastroscopy procedure today, you have had some Botox injections applied to your oesophagus (gullet) to treat a motility disorder. A special injecting device was used to inject the Botox toxin into the lower end of your oesophagus, or in an area where the endoscopist observed some spasms. The toxin paralyses the spasming muscle and this effect can help to improve symptoms, sometimes for up to a month, if effective.

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:

The local anaesthetic wears off after 30 minutes. 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?

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

Difficulty swallowing: Sometimes when the muscle is injected with Botox, there is, instead of a relaxation, a contraction of the muscle. This can cause difficulty in swallowing, known as dysphagia. This is usually temporary but can remain for several weeks, but will resolve. In extreme contraction, there can be a complete dysphagia where nothing passes through the oesophagus (gullet). Complete dysphagia requires hospital admission and treatment. If you have this then you must seek immediate medical advice and admission. This is extremely rare.

Back pain: Sometimes during the injection, it is possible that some of the nerves around the bottom of the gullet can be involved. If you experience numbness, tingling or severe back pain after your treatment then seek medical advice.

Allergic reaction to the Botox: Allergy is a possible side effect to any treatment and Botox is no exception. If you develop a rash, temperature or facial swelling, then you must notify your GP or gastroenterologist and seek their advice or treatment. It is extremely rare for there to be any serious or life-threatening reactions to the treatment. However, it is possible that there may be an instant or delayed reaction to the treatment. If this happens while you are still in hospital, our team will be on hand to help. If you are at home and experience a severe allergic reaction, please call your GP or 999.

Ulceration: Occasionally small ulcers can form in the gullet where the injections have been applied. These can be treated with some medication. If you feel that you are getting reflux pain that is getting worse then consult your family doctor or gastroenterologist. This is temporary and should settle down in a couple of weeks.

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 because you have had injections. This is fairly rare and should settle within a day. If however you vomit blood, or the bleeding is severe you must 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. Should this happen, 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.

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 the 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
- that a 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?

If you ever have any signs of bleeding such as dark stools and vomiting blood, you must inform your GP immediately.

If any of the above symptoms persist or worsen after your test - such as bleeding, pain, temperature and shortness of breath, please follow the instructions below:

- 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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