

Gastroscopy Discharge Information

Includes ; Sedation, Dilation,
EMR, EUS, Enteroscopy
Banding of Varices,
(please circle)

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<http://www.nhshighland.scot.nhs.uk/endoscopy>

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Devised by The Endoscopy Team	

Information for patients

Also, share with anybody involved
in your care post endoscopy

What are the effects of the throat spray?

Local anaesthetic is used to numb your throat before the procedure. This will normally take an hour to wear off. Therefore, **DO NOT EAT OR DRINK FOR AT LEAST 60 MINUTES** following your procedure. You can go home straight away after the procedure is carried out if you have had no sedation.

What are the effects of the sedation?

If you have had sedation, the effects may remain in your body for up to 24 hours. Although you may feel wide awake you may still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light-headed and faint. For this reason you must have someone who can take you home and stay with you for the rest of the day and overnight.

For 24 hours following the procedure you:

- **MUST NOT** make important decisions
- **MUST NOT** drive a car, motorbike or bicycle
- **MUST NOT** operate machinery or household appliances e.g. cooker
- **MUST NOT** drink alcohol, take sleeping tablets or recreational drugs

What to expect following your gastroscopy

You may have a sore throat, which can last up to 48 hours, from the insertion of the tube. This will wear off but simple lozenges will help. You may also feel bloated if some of the air has remained in your stomach. To help this, it is advisable to sit upright, if possible walk around, drink warm drinks or peppermint water or eat peppermints. This should help to pass the wind. Pain relieving tablets, such as the kind you take for a headache, may be taken at home according to the manufacturers instructions.

Enteroscopy

Aftercare as per gastroscopy.

Banding of Varices

Oesophageal varices are swollen veins in your oesophagus (gullet), rather like varicose veins. These veins could bleed, so a small rubber band has been positioned. After a couple of days, a clot forms on each treated vein which causes them to shrink. Aftercare as per gastroscopy. You may experience some chest pain which will be relieved by simple pain killers.

Endoscopic Ultrasound (EUS) + FNA

Aftercare as per gastroscopy

Dilatation of Oesophagus

You have had your gullet dilated (stretched) to improve your swallowing. You may experience some difficulty in swallowing for a day or two. This may cause some pain and minor bleeding which resolves quickly.

Endoscopic Mucosal Resection (EMR)

Aftercare as per dilatation of oesophagus.

If you experience any severe chest or abdominal pain, particularly on swallowing or if you vomit blood or pass black tarry stools, please seek help immediately.

Between the hours 0800-1800 contact your **GP** or local **A&E dept.**

Between 1800 - 0800 contact **Raigmore Hospital** on 01463 704000 and ask to speak to the General Surgical Registrar

Results

You will be given information regarding your results following your test/s.

If we have taken samples or you need further tests you will be notified by letter of these results, usually within 14 days.