

Advice after therapeutic gastroscopy

If you have had biopsies

Results can take up to 21 days. The results will go to the endoscopist who performed the test. Please do not contact the endoscopy unit they will not have your results. The endoscopist will write a letter to you and your G.P with the results once they are available. You may have an outpatient appointment to discuss any results. Alternatively if you have not heard about the biopsy result by 28 days, please contact the secretary to the endoscopist (named on the report).

Time of throat spray:

If you have throat spray

You can start with sips of cold water 1 hour after the procedure. If the sensation in your throat has returned to normal you may continue with your normal diet and fluids.

Time of sedation:

If you have sedation

- Rest for the remainder of the day
- You must have a responsible adult with you for 24 hours
- Return to your normal diet unless instructed otherwise

Hours:

**You have been advised to eat a soft diet/Liquid diet for
(Delete as required)**

Things you MUST NOT do for 24 hours

- Drive ANY motorised vehicle **(This is a legal requirement)**
- Operate machinery
- Drink alcohol **(can react with sedative medication)**
- Sign ANY legal documents or make important decisions
- Take sleeping tablets **(can react with sedative medication)**
- Go to work
- Look after young children

After effects

Most examinations are carried out without any problems. You may have a slight feeling of bloating and a sore throat/mild chest pain. On rare occasions the endoscopy may cause damage to the lining of the gut. This may cause bleeding and rarely perforation (tear in the gut wall).

- If you are taking warfarin or other blood thinning medication and you were asked to stop for your procedure, please follow the instructions given you by the endoscopy staff when you were discharged.
- You must not fly for 14 days after your therapeutic gastroscopy. (Double check with your consultant for clearance)
- You may be advised to eat a soft diet. The nurse or endoscopist will tell you if this is advised.

Watch out for the following up to 14 days after your gastroscopy:

- Severe pain in your neck, chest or abdomen, particularly if it becomes gradually worse or different and more intense to any 'usual' pains you may have.
- Firm or swollen abdomen
- Fever
- Trouble breathing,

- Skin rash or swollen lips (after Botox injection)
- Vomiting blood or black tarry stools
- Develop swallowing problems or worsening of existing swallowing problem

If you require any further information or advice about your recent procedure or symptoms related to your recent procedure, please contact the endoscopy unit during working hours.

If it is urgent during out of hours contact the critical care outreach team (see below). Show a copy of the report to a health professional if they ask to see you.

If you may require urgent attention, advice can also be obtained from 111, local and emergency department or GP.

For any medical emergencies, please do not hesitate to call 111 or 999.

Contact numbers:

Endoscopy unit: 8am to 6pm Mon – Fri 01722 336262 Ext 2161/2804

Out of hours: Please call 01722 336262 and ask for bleep1374. This is for the out of hours critical care outreach team. They also deal with life threatening emergencies within the hospital and may not be able to answer your call straight away. They will call you back as soon as they are able.

Follow up care

The following arrangements have been made for you:

☐ You are being discharged back to your GP. Please make an appointment with your GP directly if your symptoms persist.

☐ You need to be seen in outpatients. This appointment will be sent to you in the post.

☐ You need another endoscopy inYou will be contacted nearer the time to arrange this.

☐ Further procedure (Surveillance). You have been advised to have regular endoscopy in the future. As surveillance guidelines change from time to time an endoscopist will review the timing of your procedures at least 2 months before your appointment is due. This review may result in your procedure being re-scheduled or even cancelled. If this is the case we will contact you to inform you of the changes.

Please note that a copy of your endoscopy report and any specimens taken will be sent to your own GP.

Contact numbers

Advice and information on a wide range of gastrointestinal conditions is available at <https://www.nhs.uk/conditions/>

If you would like to comment on the care or service you have received the Patient Advice and Liaison Service (PALS) can be contacted on ext 4044 or email: sft.pals@nhs.net

Patient feedback from our annual patient survey is used to continually improve our service. This is distributed randomly to capture patients undergoing different procedures. If you have been asked to take part, please return your questionnaire promptly.

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Written: April 2021

Review date: April 2024

Reviewed by: Leah Cordova (July 2024)

Next review date: July 2025

Version: 1.2