

**Patient  
Information**

# Discharge advice following a trans-nasal endoscopy

## Introduction

This leaflet gives you information about aftercare following your trans-nasal endoscopy.

## When can I eat and drink?

**The only restriction is that you must not have anything to eat or drink for an hour after the procedure.** This will allow for the sensation in your mouth and throat to return to normal.

You can eat and drink normally after the time stated below:

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## Medication

You can take your usual prescribed medications when they are next due, unless you have been told otherwise by the Endoscopist or discharging nurse. For blood thinning medications (anticoagulants) separate advice will be given.

## After effects

You may experience the following after the procedure:

- A bloated, windy feeling – moving around may help to relieve this.
- A sore throat for a short time. This is normal and should resolve within 2 days.

## What happens next?

- A copy of your report will be sent to your GP.
- The results of the test and any samples (biopsies) taken are sent directly to your GP. This can take up to 5 weeks.
- If a consultant follow up is needed, you will receive an appointment letter in the post.

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**GHPI1901\_03\_25**

Department

**Endoscopy**

Review due

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## Patient Information

A member of the nursing team will go through the procedure report with you and let you know if any further tests are needed.

### When to seek advice

Serious side effects are rare. However, if any of the following occur within 48 hours after your trans-nasal endoscopy, please contact the Endoscopy Unit where you had your procedure.

- Severe pain in the neck, chest or abdomen.
- Vomiting blood or your bowel motions turn black.
- Abdominal pain and/or bloating.
- High temperature (fever) or you feel generally unwell.
- Disorientation (feeling lost or confused).
- A persisting and worsening nose bleed that will not stop.

### What to do if your nose bleeds?

Nose bleeds can be common after having a trans-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 the stomach.
- Pinch the soft part of your nose between your 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 continues, go to your nearest Accident & Emergency Department.

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, gently blow through one nostril at a time.
- Sneeze opened mouth to reduce pressure.
- Avoid smoky atmospheres and hot spicy foods for 48 to 72 hours.

## Patient Information

### Contact information

If you have any concerns after the trans-nasal endoscopy, please contact the Endoscopy Unit where you were seen or your GP.

#### Endoscopy Units

##### Cheltenham General Hospital

Tel: 0300 422 3593

Monday to Friday, 8:00am to 6:00pm

##### Cirencester Hospital

Tel: 0300 421 6294

Monday to Friday, 8:00am to 4:00pm

Out of hours, please contact NHS 111 for advice:  
Tel: 111

If you think you require **immediate** medical attention, please telephone 999 or go to your nearest Accident & Emergency Department.

### Feedback

To help the Endoscopy Department understand what is important to you and how we can improve our service, we would appreciate if you would take the time to complete a feedback survey.

All responses will be anonymous and any information provided will be used sensitively and stored securely.

To access the survey, please use the QR code below or type the 'case sensitive' link into your internet browser.



<https://bit.ly/3MHOXIG>

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>