

**Patient
Information**

Discharge advice following Therapeutic Gastroscopy including Banding of Varices/Endoscopic Dilatation

Introduction

This leaflet gives you information on care following your therapeutic gastroscopy including banding of varices/endoscopic dilatation.

Sedation

The medications used for sedation can remain in the body for at least 24 hours, gradually wearing off. It is therefore very important that a capable adult is available to take you home and stay with you for the next 24 hours.

It is also important that for the next 24 hours you follow the advice below:

- You should not drive or ride a bicycle as your reflexes and judgement will be impaired.
- Sedation can make you unsteady on your feet. Please be careful on stairs and have someone with you if you feel unsteady.
- Your judgement may be affected so do not make any important decisions or sign any legal documents.
- Be careful if using social media.
- You should not return to work, look after dependants, cook or operate machinery.
- You should not drink any alcohol or take sleeping tablets.

Reference No.

GHPI1522_01_21

Department

Endoscopy

Review due

January 2024

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When can you eat and drink?

You can have a drink from: _____

You can eat from: _____

- For the next 24 hours you should remain on a liquid diet such as soup and soft breakfast cereals. Drinks should not be either too hot or too cold during this period.
- Following the point above you should now continue with a soft diet for a further 24 hours. If you are able to tolerate this then you can go on to your normal diet.
- Avoid spicy foods until you have proceeded to a normal diet.

Medication

You can take your usual prescribed medications when they are next due unless otherwise stated by the Endoscopist or discharging nurse. For anticoagulants (blood thinning medications) separate advice should be given.

After effects

You may experience the following:

- A bloated, windy feeling – moving around may help to relieve this.
- A sore throat for a short time after the procedure. This is normal and should pass within 2 days.
- Discomfort behind the breastbone but this should settle within 24 to 48 hours. Simple pain relief will help.

What happens next?

- A report will be sent to your GP in the next few days
- The results of the test and any specimens 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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- If a repeat procedure is needed your medical notes will be reviewed by an Endoscopist before you are due to attend. This is because the criteria for repeating procedures may change or be altered as National Guidelines are reviewed and updated. If it is felt that your procedure is no longer required we will send you a letter in the post.

A member of the nursing team will have explained to you what has been done today and any further tests that you may need.

When to seek advice

If any of the symptoms listed below are not relieved by simple pain relief such as paracetamol please contact the Endoscopy Unit.

- Severe pain in the neck, chest or abdomen.
- Repeated vomiting, bleeding or passing black tarry stools.
- Abdominal distension (expansion of the abdominal region).
- High temperature (fever) or you feel generally unwell.
- Disorientation (feeling lost or confused).
- If you have been given Buscopan® to relax your stomach during the procedure please seek advice if you experience any of the following:
 - Pain in both eyes/painful red eyes
 - Blurred, misty or foggy vision or haloes around lights
 - Nausea and/or vomiting
 - Unable to pass urine.

Contact information

Endoscopy Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8222

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

Cheltenham General Hospital

Tel: 0300 422 3370

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

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Between 6:00pm and 8:00am you should contact the:

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted please ask for the operator then the Site Management Team. The operator will then contact a Senior Nurse to advise you.

Alternatively you can contact NHS 111 for advice.

NHS 111

Tel 111

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