

**Patient  
Information**

# Discharge advice following a gastroscopy without sedation

## Introduction

This leaflet gives you information on care following your gastroscopy.

## When can you eat and drink?

You can eat and drink from:

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You can eat and drink normally after discharge following the time stated above; although we do recommend a lighter diet for today.

## 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 normal and should pass within 2 days

## 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

Reference No.

**GHP11519\_02\_20**

Department

**Endoscopy**

Review due

**June 2022**

## Patient Information

- 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

- 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 any of the above are not relieved by simple pain relief such as paracetamol please contact the Endoscopy Unit.

### 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

#### Cirencester Hospital

Tel: 0300 421 6294

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

#### Stroud Hospital

Tel: 0300 421 8073

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.

Alternately you can contact NHS 111 for advice.

**NHS 111**

Tel 111

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