

Discharge advice for a sedated gastroscopy with Bravo™ capsule placement

Introduction

This leaflet gives you information about care following your gastroscopy and Bravo™ capsule placement.

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.

When can you eat and drink?

You can eat and drink from: _____

You can eat and drink normally after discharge from the time indicated above but we do recommend the following:

- Avoid all acidic drinks such as fruit juice, fizzy drinks, cordials, alcohol, fruit yoghurt during the test period as this can interfere with the test results.

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Department

Endoscopy

Review due

July 2026

Patient Information

- During the duration of the test do not chew gum or eat hard sweets.

Medication

You can take your usual prescribed medications when they are next due unless otherwise stated by the endoscopist or discharging nurse. For blood thinning medications (anticoagulants) separate advice will 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.
- A vague sensation that something is in your gullet (oesophagus). You may feel the capsule as food passes it. If you experience this, chewing food carefully and drinking liquids may help minimise this sensation.
- The capsule will naturally fall off the wall of the oesophagus and then pass through the digestive system to be discharged from your body with your bowel movements. You **do not** need to retrieve it.

What happens next?

- A report will be sent to your GP.
- You will be given instructions on how to use the Bravo™ reflux recorder and when to return the equipment to the Endoscopy Unit.
- Failure to return the recorder may result in you being charged for the cost of a replacement. Also, if the recorder is returned damaged or broken this may incur a fee.
- It is important that the recorder is returned promptly since it will be required by other patients.
- Your consultant will analyse the results and then be in touch with you to arrange follow up to discuss the results and any further treatment.

Patient Information

A member of the nursing team will have explained to you what has been done today and ensure you have the right information to take home.

Results

Please contact your GP or consultant directly for your test results as these are not disclosed to Endoscopy.

MRI warning

Because the capsule contains a small magnet, do not have an MRI scan within 30 days following the placement of the Bravo™ capsule, or if you have not positively verified the excretion of the capsule. Having an MRI scan while the capsule is inside the body may result in serious damage to your intestinal tract or abdominal cavity.

When to seek advice

Serious side effects are rare. However, if any of the following occur within 48 hours after your gastroscopy, please contact the Endoscopy Unit.

- Severe pain in the neck, chest or abdomen.
- Vomiting blood or bowel motion turns black.
- Abdominal pain and bloating.
- High temperature (fever) or you feel generally unwell.
- Disorientation (feeling lost or confused).

The Bravo™ capsule has a low risk of serious complications but potential complications include:

- Tears in the oesophageal lining causing bleeding
- Premature detachment of the capsule
- Capsule retention

If you have been given Buscopan® to relax your stomach during the procedure please seek urgent medical advice if you experience any of the following:

- Painful red eye with loss of vision.
- Blurred, misty or foggy vision.
- Nausea and/or vomiting.
- Unable to pass urine.

**Patient
Information**

Contact information

If you have any concerns, please contact the Endoscopy Unit or your GP.

Endoscopy Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8222

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

Out of hours, please contact NHS 111 for advice:

Tel: 111

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

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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/3MH0XIG>

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;24: 379-85.



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