

What to expect after your ERCP

What are the possible after effects of the procedure?

It is not uncommon to experience some discomfort immediately following the procedure due to air in the stomach. This is usually mild and will soon pass with the help of warm drinks, walking around, drinking peppermint water or eating sweets. Very rarely, more severe abdominal pain, sickness or a temperature may occur due to inflammation of the pancreas. This condition is called pancreatitis and may require a few days stay in hospital for antibiotics and pain relief. If your procedure was being performed as a day case and pain develops later, consult your own doctor or contact the Lady Sobell GI Unit using the number given overleaf.

What are the after effects of the sedative injection?

If you have had a sedative injection, your mental ability to think clearly and make decisions may be affected for up to 24 hours after the procedure even though you feel wide-awake. For this reason, you **must** have someone who can take you home **and** look after you for the rest of the day. However, you may resume eating as normal.

If you have had sedation, for **24 hours** after your procedure you must not:

- Drive
- Operate potentially dangerous machinery

For **8 hours** after sedation, you should also not:

- Use potentially dangerous appliances such as a cooker or kettle
- Have a bath unsupervised
- Look after dependants on your own
- Go to work
- Sign any legal documents
- Drink any alcohol
- Take sleeping tablets or recreational drugs

Food and Drink

It is advisable to avoid large or rich meals for the rest of the day following your procedure. Some people prefer to take fluids only for the first 4 - 6 hours. A mildly sore throat is not unusual and should resolve within 24 hours. It may help to suck lozenges.

Medications

You may resume normal medications immediately after your ERCP. Please ask if you are not sure if your medication will be safe to take with the sedation.

When to seek help after the test

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test. If you experience severe abdominal pain, if you vomit

more than a tablespoon full of red blood, if you pass black stools, if you experience a fever or hot and cold sweats, please seek help immediately.

If you are concerned or distressed by the symptoms, the priority will be to return to hospital to be seen in the Emergency Department. However, if there is time and you or a family member are able, please also consider the following options:

- Telephone the **Lady Sobell GI Unit** at Wexham Park Hospital on **01753 634150** during normal office hours.
- **Outside office hours**, telephone the **Christiansen Unit** at Wexham Park Hospital on **01753 634716** or **01753 634719** and ask for advice.

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test.

Follow up Information

- A copy of your endoscopy report is attached.
- A copy of your endoscopy report will be sent to your GP.
- Your test was normal and no further hospital follow up is required.
- You need to see your GP for treatment. Please check your GP practice has received your results before making an appointment or take your copy of the report with you.
- You need to be seen in an Outpatient Clinic. Please see attached paperwork.
- You need another investigation. Please see attached paperwork.
- You have had a biopsy. The results will be reviewed by your endoscopist in approximately 2 weeks time and a copy of the report will be sent to your GP. You will be contacted if further action is necessary. Please note, unfortunately we cannot give results over the telephone.

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:
Frimley Park Hospital
Telephone: 01276 526530
Email: fhft.palsfrimleypark@nhs.net
Heatherwood Hospital
Telephone: 01753 633365
Email: fhft.palsheatherwood@nhs.net
Wexham Park Hospital
Telephone: 01753 633365
Email: fhft.palswexhampark@nhs.net

<p>Frimley Health NHS Foundation Trust Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ</p> <p>Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>	<p>Frimley Health NHS Foundation Trust Heatherwood Hospital London Road Ascot SL5 8AA</p> <p>Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>	<p>Frimley Health NHS Foundation Trust Wexham Park Hospital Wexham Slough Berkshire SL2 4HL</p> <p>Hospital switchboard: 01753 633000 Website: www.fhft.nhs.uk</p>
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Title of Leaflet	What to expect after your gastroscopy				
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Ref. No	H/002/6	Issue Date	March 2018	Review Date	March 2021

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

