

In an emergency, please attend nearest Emergency Department. You must bring your endoscopy report back with you to show to the doctor/nurse.

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.palswexhampark@nhs.net
Wexham Park Hospital
Telephone: 01753 633365
Email: fhft.palswexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ</p> <p>Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>	<p>Heatherwood Hospital London Road Ascot SL5 8AA</p> <p>Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>	<p>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	Endoscopy Unit Discharge information post Gastroscopy				
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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.

Endoscopy Unit
Frimley Park Hospital



Contact details:	
Endoscopy unit nurses station	01276 526045 8.00am to 6.00pm Monday to Friday, excluding bank holidays
Surgical Assessment Unit (SAU)	01276 526960 24 hours a day 7 days a week

Discharge information for patients after OGD

□ **You have had IV sedation, therefore you must:**

- have a responsible adult to care for you at home
- **not** drink alcohol
- **not** drive a vehicle, operate heavy machinery or sign any legal documentation for 24 hours
- have plenty of rest at home, as the sedative can make you feel tired and lethargic.

□ **You have had Throat Spray:**

- You must not eat and drink for one hour. The spray numbs your throat and can temporarily affect your swallowing.
- After this time, you can start with sips of water/ cool liquids.

□ **You have had a variceal band applied:**

- You must not eat and drink for one hour. After this time, only have cold fluids for four hours.
- After this time, only eat soft diet for atleast three to five days.

□ **How will my doctor get my procedure report?**

- We will post a copy of your endoscopy report to your GP and/or the doctor who has referred you for this procedure within one working day.

□ **How will I know the result of my biopsy/tissue sample?**

- This depends on what kind of biopsy/tissue sample has been taken.
- In some cases, the result of the biopsy/tissue sample can be made available whilst you are in the unit.
- The laboratory sends a report of any sample taken during the procedure to your GP and/or the doctor who referred you for this procedure directly via a electronic reporting system . The endoscopy unit does not receive any reports.

□ **You have had an endoclip or variceal banding applied to prevent bleeding:**

- In 5–10 days you may see a small metal object or plastic bands in your stool – this is normal.

□ **After your procedure you may experience:**

- Your throat may feel a little sore for 24 to 48 hours. Using cough drops or gargling with warm salty water can help.
- You may have some bloating, stomach cramps, and a feeling of fullness because of the air we put in during the test. This will get better over several hours.
- You may notice some blood in your spit, which will settle.
- You can return to your normal activities 24 hours after your gastroscopy.
- You should restart your medications on the day of your procedure unless otherwise instructed. Talk to your doctor before restarting blood thinners or antiplatelet medicine.

□ **Things to watch out for: if you notice**

- **large amounts of bright red blood or black motions**
- **trouble swallowing or pain when you swallow**
- **severe constant abdominal pain/cramp**
- **hard tummy**
- **severe chest pain**
- **dizziness**
- **fever**
- **vomiting**
- **or you are unable to pass flatulence or stool**

the Endoscopy Unit nurses are available for advice on 01276 526045 from 8.00am to 6.00pm, Monday-Friday.

Outside these hours and for up to 4 weeks after discharge, you can contact the Surgical Assessment Unit (SAU) on 01276 526960. This service is available 24 hours a day, 7 days a week.