

When will I get the results?

The doctor or nurse will speak to you before you leave and explain what was seen and done during the test.

- Your test was normal, no follow up is required
- You will need another endoscopy procedure
Date _____
- You will need another investigation
Details _____
- A Copy of your results will be sent to your Consultant who will arrange a follow up appointment if needed
- A copy of your results will be sent to your GP within 21 days. Please check your GP Practice has received your results before making an appointment
- Outpatient appointment : Date _____

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

What to expect after your Gastroscopy

Helpline or enquiries (8.30am to 5.00pm Monday to Friday)

For appointments and general enquiries

Boston 01205 445072
Grantham 01476 464366/01205 445072
Lincoln 01522 573849
Louth 01522 573849/01507 631437

For procedure related enquiries (8.30am to 6.00pm Monday to Friday)

Boston 01205 446559
Grantham 01476 464085
Lincoln 01522 573016
Louth 01507 631236

For more information please see: www.ulh.nhs.uk

What advice do I need after throat spray?

A local anaesthetic spray has been used to numb your throat during the procedure. This will normally take 1 hour (60 minutes) to wear off.

Therefore, **DO NOT EAT OR DRINK for 1 hour (60 minutes) following your procedure.**

Instructions for testing the sensation in your throat:

You can take a sip of cold water at _____

If you do not have any problems with swallowing you may start eating and drinking as normal. **If you cough or have difficulty in swallowing, please do not drink for another 30 minutes.**

Repeat this process until you can swallow normally. You may suck a sweet if your mouth is dry. The sensation in your throat normally returns within 30 minutes but may take up to 2 hours.

What advice do I need after sedation?

You have had a sedative injection. Even though you feel wide awake the sedation can affect the way you think and behave for up to 24 hours afterwards. For this reason you need to have someone who can look after you when you go home.

Please note if you have had sedation, for 24 hours you must not:

- Drive a motor vehicle such as a car or motorbike
- Use appliances that could be dangerous such as a cooker
- Have a bath without someone there to help you
- Look after children on your own
- Go to work
- Operate any potentially dangerous machinery
- Sign any legal documents
- Take sleeping tablets, drink alcohol or take recreational drugs

You must avoid doing the stated activities until:

Day and Date

Time

What should I expect after the gastroscopy?

You may have a sore throat from the insertion of the tube which can last up to 48 hours. This will wear off but simple lozenges will help. You may also feel bloated if some of the air has remained in your stomach. To help this, sit upright and if possible walk around.

Pain relieving tablets, such as paracetamol, may be taken at home according to the manufacturers instructions.

If you are worried about any symptoms you experience after this test you may ring the helpline numbers on the front cover of this leaflet.

If you have any problems with a persistent sore throat, worsening chest or abdominal (tummy) pain or neck swelling, please attend your nearest Accident and Emergency Department taking your report with you.

Out of hours please contact the NHS non-emergency service on 111.