



Gastroscopy instructions (post op)

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Version 7

> About this leaflet

The purpose of this leaflet is to provide you with information following your gastroscopy procedure.

- Throat spray only

You should refrain from eating or drinking until.....

You can resume all other activities as normal.

- Sedation

Anaesthetic and sedative drugs may cause you to be sleepy or lightheaded, this feeling will gradually wear off.

> The first 24 hours following your procedure

- You should refrain from eating or drinking until.....
After this, you may resume your normal diet unless otherwise instructed by the doctor.
- You must have a responsible adult to stay with.
- You should avoid alcohol and sleeping tablets.
- You should not drive, operate machinery or work with dangerous materials.
- You should not sign legally binding documents.
- You should not engage in sports, perform heavy tasks or lift heavy objects.
- You may experience some bloating if air has remained in your stomach. This should resolve after a few hours.
- You may have some pain and/or bleeding.
- Passing traces of blood is not unusual.

You should contact your doctor if:

- bleeding persists or you are concerned by the amount; or
- you have severe pain or vomiting, vomiting of blood, high temperature or feel feverish.

If you have to visit your GP or your nearest hospital accident and emergency, please take a copy of your endoscopy report with you.

> Other instructions

> Contact

If you have any concerns or questions, please call 0141 951 5000 and ask for Endoscopy Unit on 5750 between 8am and 5.30pm. Outside these times ask for the Senior Nurse who will give advice. They are there to help you make your visit as pleasant as possible.

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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

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