



Gastroscopy instructions (post op)

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Version 9

About this leaflet

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

Your procedure

During your procedure you will either have been given throat spray or sedation. Follow the instructions below that are relevant to your procedure.

Throat Spray

You should refrain from eating or drinking until _____

You can resume all other activities as normal.

Sedation

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 seek medical advice from your GP or contact NHS 24 if you experience any of the following:

- severe pain
- vomiting
- vomiting blood
- a high temperature or fever

If you need to attend your GP or your nearest Accident and Emergency department, please take a copy of your endoscopy report with you.

Biopsy

If a sample (biopsy) has been taken during the procedure, these samples are sent to your home Health Board for analysis and the results may take upwards of 20 weeks. Urgent samples will be dealt with within 2-3 weeks. You will be notified of biopsy results and any necessary treatment by your home Health Board.

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

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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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 : **0141 951 5513**