



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.

