

## Advice given by:

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Name:

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Position:

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Signature:

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Date:

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## Reference sources

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- [www.nhs.uk/conditions/gastroscopy/](http://www.nhs.uk/conditions/gastroscopy/)

## Contact details

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**Endoscopy Department**

**Telephone:** 01483 571122 **ext** 4409

### PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: N/A

Future review date: May 2022

Author: Caroline Smith

**PIN190515–1645**



## Discharge information following your Upper Gastrointestinal Endoscopy

### Endoscopy Department



### Patient information leaflet

This leaflet will be given to you following your upper gastrointestinal endoscopy and will outline post procedure expectations, advice and follow up.

### Patient Addressograph

### You have had:

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### What should I expect after this procedure?

You may have a sore throat, which can last up to 48 hours from the insertion of the endoscope. Taking simple throat lozenges will help. You may also feel bloated if some of the air has remained in your stomach. To help this, it is advisable to sit upright, if possible walk around, drink warm drinks such as peppermint tea or eat peppermints. This will help to pass wind. Pain relieving tablets, such as the kind you would take for headache may be taken at home according to manufacturer's instructions. Please rest for 24 hours following the procedure.

### What should I do if I develop any of the following?

If you experience severe abdominal pain, chest pain, neck pain, high temperature, sweating, vomiting, black stools or shortness breath, please do not hesitate to the unit during working hours (8am–6pm) on **01483 571122** Ext **4409** or if out of hours, please contact your GP, phone NHS helpline **111** or visit your nearest Emergency Department.

### Special instructions for restarting any medications:

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### Advice for patients who have had sedation

- Rest at home for the rest of the day as the sedative can make you feel tired and lethargic.
- Do not drive a vehicle, ride a push bike, operate machinery or sign anything legal for 24 hours post procedure.
- Do not drink alcohol for 24 hours post procedure.
- Ensure that you have a responsible adult with you for 24 hours after your procedure.

### Advice for patients who have not had sedation

- You are able to drive yourself home and resume all normal activities
- You may however wish to rest at home following your procedure

### If you have had any tissue samples taken

- If you have had samples taken as part of your procedure, these will be sent to the laboratory to be analysed.
- A copy of your report and any subsequent results will be sent to your GP for their records.

### Outcome from today's procedure: (tick which apply)

- Prescription
- Outpatient appointment
- Repeat procedure/Surveillance Endoscopy
- Scan
- Blood test