



A guide to...

Aftercare for Gastroscopy *Patient Information*

How to contact us

Booking and interpreting queries – Please call the number on your appointment letter

Clinical queries – Hemel Hempstead	01442 287968
Watford	01923 436095

Any other query –

Please call Hemel Hempstead 01442 287681 / Watford 01923 217530

If you need this leaflet in another language, large print, Braille or audio version,
please call **01923 217 198** or email westherts.pals@nhs.net



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If you have had conscious sedation

If you have had sedation, you may feel tired, dizzy or weak afterwards. You must have someone to collect you from the Endoscopy unit and stay with you for 24 hours. During the first 24 hours you must not:

- Drive
- Operate machinery
- Drink alcohol
- Take sleeping tablets
- Sign legal documents
- Look after young children and/or dependents alone.

After your procedure

You may have a sore throat for a short time after the test. This is normal and should pass within 24 hours. You can eat and drink normally.

If you develop:

- Shortness of breath
- Swelling in the neck
- Chest pain
- High temperature
- Loose black stools

If you have had a trans nasal endoscopy

- 1 in 20 patients may develop a nosebleed after the procedure. If the bleeding does not stop with the usual first aid measures, then please attend your nearest Accident and Emergency Department and take a copy of your report with you.

Please attend your nearest accident and emergency department, taking with you a copy of your endoscopy report. The contact details for Accident and Emergency at Watford is 01923 217256. Please note there is no Accident and Emergency at Hemel Hempstead or St Albans City Hospitals.

The following arrangements have been made for you: -

- You are being discharged back to your GP
- You need to be seen in Outpatients
- You require another test
- Repeat procedure (surveillance)

Patient conditions website/QR code:

<https://gutscharity.org.uk/advice-and-information/conditions/?feature-category=gut>



When will I get the results of the procedure?

You will be given a copy of the report before you leave the department, and the doctor or nurse will talk to you at the end of the procedure to explain their findings. If you have had samples sent to the laboratory the results will be reviewed by the endoscopist and you will be contacted if there is anything of concern.