

GASTROSCOPY

What happens after my Gastroscopy?

You will be transferred into the recovery room to rest until the sedation medicine has worn off. Your throat might feel a little sore and your abdomen may feel bloated because of the air put into your stomach during the test. Belching/burping can help make this feel better.

You will be given a cold drink of water half an hour after your throat is sprayed to check the numbness has worn off. When your throat and swallowing feels normal, you will be given a drink and light snack. Please tell your nurse if you have any food allergies before eating.

If you have had sedation, you might feel a little unsteady or wobbly on your feet until it has worn off, so please take extra care when standing up and walking.

Before you go home

Before you go home you will be provided with information about your test and discharge instructions.

If your specialist has taken samples of your gut lining (biopsies), you may need to go back to your specialist when the results are available. This normally takes 7 to 10 days. An appointment card will be sent to you if your specialist needs to see you again.

A report will be sent to your family doctor or the consultant who referred you for the test.

You **must** be taken home by a responsible friend or family member and be cared for that day and night, or have someone on hand in case of any problems.

What should I do when I get home?

Return to your normal diet, unless your specialist has given you specific advice
Most people can return to their normal activities the next day.

Concentration

For at least 12 hours after the procedure you must not:

- Drive a car or motorcycle (this is against the law)
- Operate machinery
- Make any important decisions or sign any legal contracts (the medicine used may temporarily reduce your understanding/impair judgment)
- Drink any alcohol or take sleeping tablets.

What complications could there be?

Your throat may feel slightly sore for up to 24 hours after the test. Lozenges, throat gargle or mild pain relief should help.

If you have any of the following symptoms in the hours or days following your test, contact your specialist at Grace Hospital immediately on 07 577 5270

- Generally feel ill with or without headache, chills or muscle aches
- Have a high temperature/fever
- Have difficulty breathing, feelings of dizziness, shortness of breath or feel faint
- Abdominal pain (getting worse after eating or drinking)
- Start to get sharp pains in your tummy or vomiting
- Vomiting blood
- Trouble swallowing
- Black tarry bowel motion
- Any symptoms you are worried about.

This pamphlet is a general guide and does not replace the information provided by your specialist.

For more information on what to expect before your gastroscopy, please download the pamphlet from our website. *Link information to be supplied.*

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