

PATIENT INFORMATION

Following your ERCP

Aftercare Sheet

GASTROENTEROLOGY DEPARTMENT ENDOSCOPY AFTERCARE SHEET

ERCP (Endoscopic Retrograde Cholangiopancreatography)

Following your ERCP:

- You may have sips of water and then clear fluids only until tomorrow.
 - The next morning following your procedure, you should have a light breakfast if you are not experiencing any significant abdominal pain, vomiting or fever. You can follow a normal diet after this.
 - You may experience a sore throat this is quite normal and will subside within 24-48 hours.
- ☐ **If you have had Fentanyl only:**
- Do not drive a car or any other vehicle including bicycles for 24 hours; note that your insurance is invalid if you do so).
 - Do not operate machinery or appliances such as cookers and kettles for 24 hours.
- ☐ **If you have had Sedation:**
- It is important that for the **next 24-hours** you have someone stay with you and to observe the following instructions:
 - Sedation may make you feel drowsy later on and cause intermittent memory lapses.
 - Do not drive a car or any other vehicle including bicycles for 24 hours; note that your insurance is invalid if you do so).
 - Do not operate machinery or appliances such as cookers and kettles.
 - Do not make important decisions or sign important documents.
 - Do not drink any alcohol.
 - Do not return to work whilst under the effects of the sedative.
 - Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
 - Rest, do not undertake strenuous exercise or activities.

- After 24-hours, the effects of the sedation should have worn off and you should be able to resume normal activities.

Take things easy for the next 24-hours and if you have any problems:-

For **NON-URGENT** queries please contact the Endoscopy Department on **01803 654863** within the hours of 08:00-17:00 Monday to Friday.

For **URGENT** queries please contact 111 for advice.

If you experience severe pain in your abdomen, a firm and swollen abdomen, vomiting, fever, worsening chest pain or major bleeding, in case of an emergency situation you should call 999 or go to your nearest Accident and Emergency Department. Please take a copy of your Endoscopy report with you.

This information can be offered in other accessible formats on request, including a language other than English.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.