

PATIENT INFORMATION

Following your Transnasal Endoscopy Spray Gastroscopy

Aftercare Sheet

GASTROENTEROLOGY DEPARTMENT ENDOSCOPY AFTERCARE SHEET

Following your Transnasal Gastroscopy:

- You may experience a sore throat, this is quite normal and will subside within 24-48 hours.
- You should not blow your nose hard for 2-4 hours to help prevent any bleeding. It is ok to wipe your nose with a tissue handkerchief.
- You may eat and drink as normal unless specified.

☐ 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; 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.
- Drink plenty of fluids and eat a light diet. 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 neck, chest or abdomen, fever, 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.