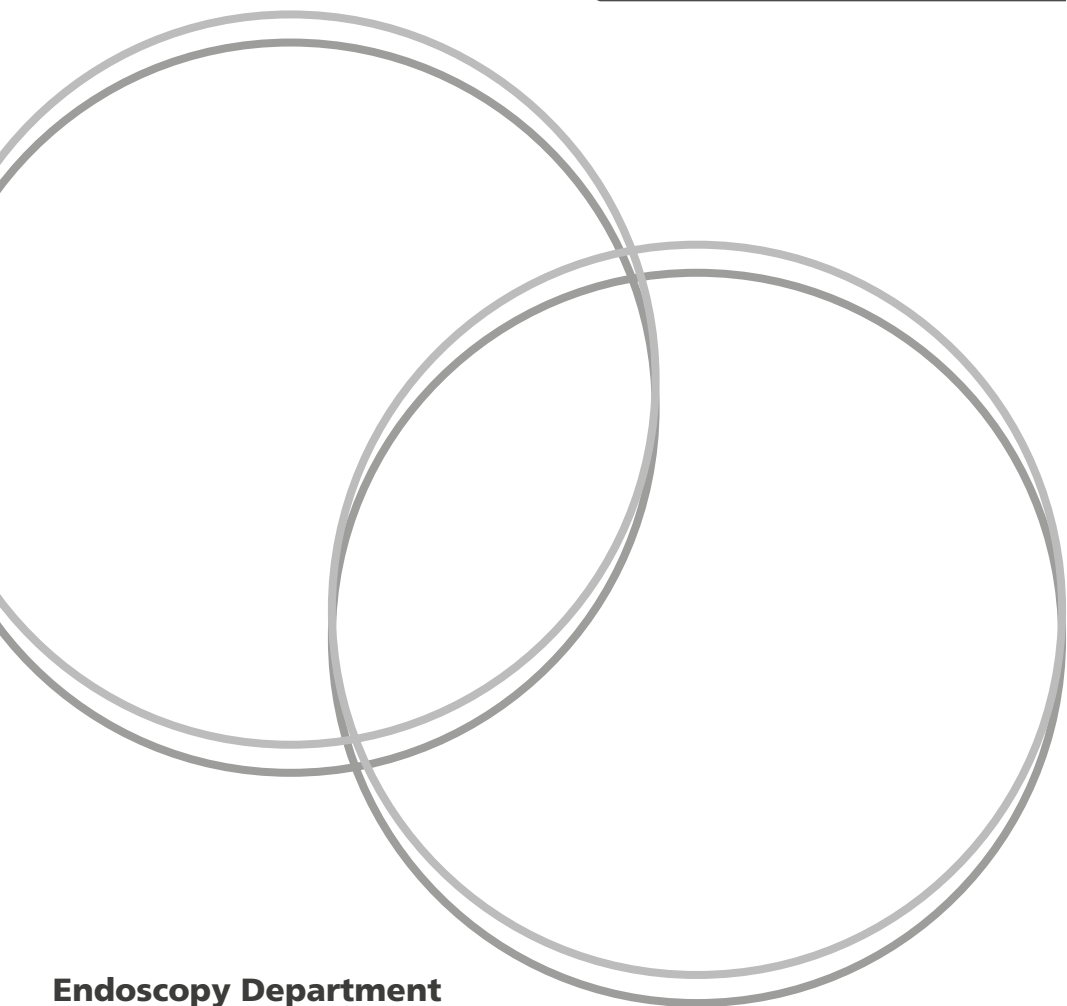


Discharge advice after your gastroscopy with oesophageal dilation

Information for patients



After your gastroscopy /dilation

The sedation you have been given makes you sleepy and can cause forgetfulness and lack of concentration for up to 24 hours. You should go home and rest today.

You must be collected and accompanied home.

If you have had sedation and live alone, we recommend that you try to arrange for someone to stay with you overnight.

For 24 hours after the sedation you **must not**:

- drive
- drink alcohol
- operate heavy machinery
- sign any legal documents.

Most people feel normal after 24 hours.

After effects

You may have a sore throat from the tube going down your throat for about 24 hours. This is quite normal.

Symptoms are rare but it is important to contact us if you experience:

- severe pain in your neck, chest or abdomen
- trouble breathing
- vomiting blood.

How to contact us:

Monday to Saturday (during the hours of 8am to 6pm)

Telephone: 03003 047 777, ask the operator to bleep 6825

During bank holidays and out of the hours stated above

Telephone: 03003 047 777, ask the operator to bleep the oncall Gastro-registra

Eating and drinking

Unless you are given specific instructions by your doctor, you can eat and drink straight after your procedure. You can also continue taking your usual medication, unless advised otherwise.

Try eating small meals regularly and chew food well. Drink plenty of fluids with your meals and when taking tablets.

What happens next?

A copy of the endoscopy report will be sent to your GP electronically within 1 working day. You should also be given a copy of the report before you go home.

Your results

If the investigation was requested by a hospital Consultant, the report will be sent to them. The Consultant will then write to your GP to tell them the results of the biopsy. If you are having other tests your Consultant may need to wait for all the results before they write to your GP. This may not be until after you have returned for a further outpatient appointment.

If your GP referred you for the test, you and your GP will receive your results from one of our Gastroenterologists. The endoscopy department does not receive any biopsy results.

You have been given a copy of your report with initial findings and if further follow up is required, you will be contacted by the relevant department.

How to contact us

For other non-urgent matters, please contact the John Radcliffe Endoscopy Department or for the Horton Endoscopy Department.

John Radcliffe Endoscopy Department

Telephone: 01865 221 456

Horton Endoscopy Department

Telephone: 01295 229 155

Let us know your views and experience in the Endoscopy Department

You can comment by visiting the OUH website or via email.

OUH website: www.ouh.nhs.uk/fft

John Radcliffe Hospital email:

endoscopy@ouh.nhs.uk

Horton General Hospital email:

HortonEndoscopyBookingAdmin@ouh.nhs.uk

Or write to:

Endoscopy Sister
Endoscopy Department
Level 2
John Radcliffe Hospital
Headley Way
Oxford OX3 9DU

Endoscopy Sister
Endoscopy Department
Horton General Hospital
Banbury
OX16 9AL

Further Information

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter.

Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

We have tried to make this information meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They will be happy to help.

Author: Endoscopy Team
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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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