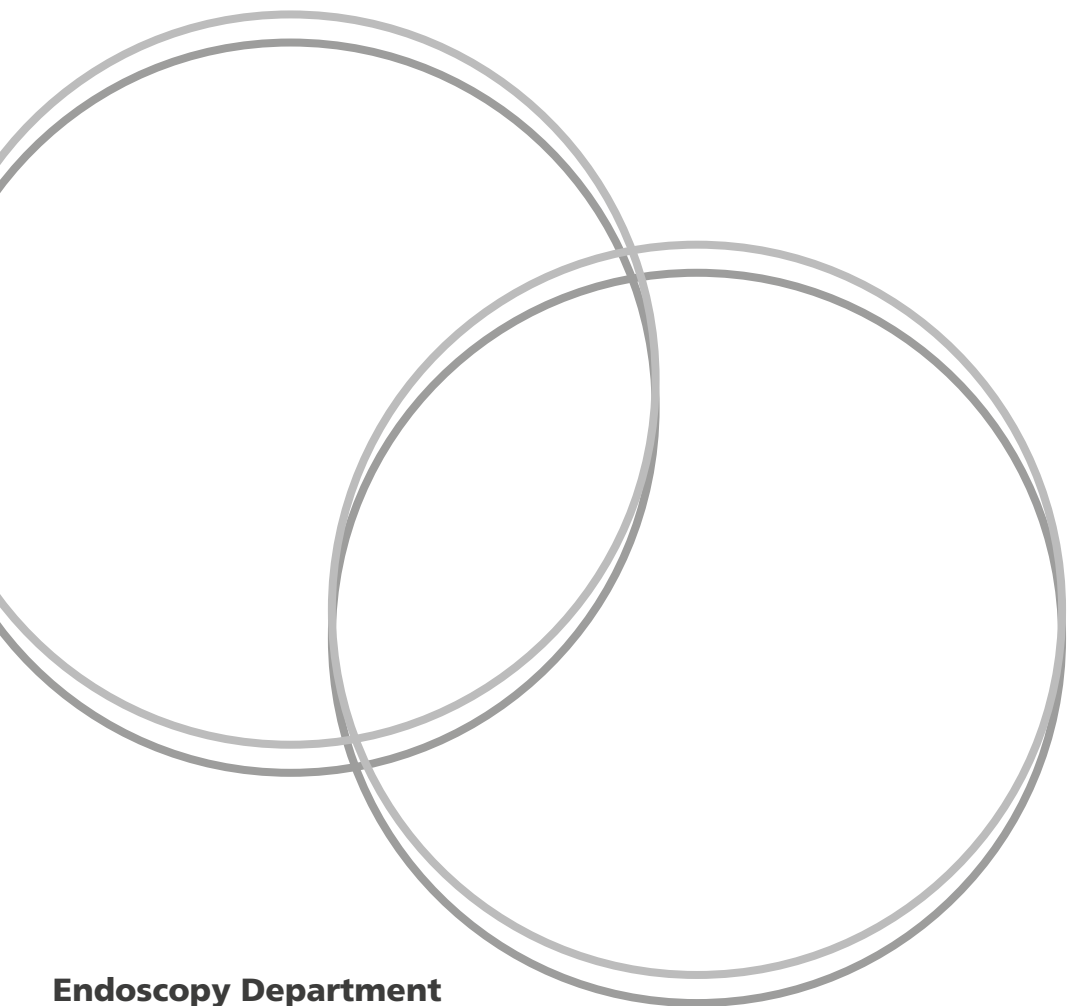


Discharge advice after your gastroscopy and colonoscopy

Information for patients



After your gastroscopy and colonoscopy

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 legally binding documents.

Most people feel back to normal after 24 hours.

After effects

You may have a sore throat for about 24 hours. This is quite normal.

You may feel bloated with mild abdominal pain. This is due to wind and should quickly settle. Peppermint tea/water, warm drinks and walking around should help you pass the wind out.

If you have had biopsies taken or polyps removed you may experience some bleeding from your back passage. This should stop when your bowels have been opened once or twice.

You should contact us on the number at the back of this leaflet if you experience:

- **Severe pain in your neck, chest or abdomen**
- **Trouble breathing**
- **Vomiting**
- **Worsening bleeding**
- **Unexplained fever**

Eating and drinking

- **If you have had throat spray**, you must not eat or drink for 1 hour after your gastroscopy. After 1 hour you can try a small sip of water. If this does not make you cough or gag (choke) you can eat and drink normally. If you experience coughing or gagging, do not eat or drink for a further 30 minutes and then try again.
- **If you have not had throat spray**, you can eat and drink straight after your procedure.
- When you are swallowing normally you can start taking your usual medications, unless advised otherwise.

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:

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

If you would like an interpreter, please speak to the department where you are being seen.

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

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

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

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Oxford University Hospitals NHS Foundation Trust
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