

# Following therapeutic gastroscopy including: injection/banding of varices or endoscopic dilatation

Because you have been given something to make you drowsy for the test, it is important that you:

1. Rest quietly for the remainder of the day, with someone to look after you overnight as you will still be affected by the sedative drugs for up to 24 hours.
2. It is advisable to have the following day off work, but in any event for the first 24 hours following sedation **do not**:
  - Drive a car
  - Drink alcohol or smoke
  - Take sleeping tablets
  - Operate any machinery or electrical items (including kettles, hot saucepans)
  - Sign any legally binding documents
  - Work at heights (including climbing ladders or onto a chair)

**Sedation can impair your reflexes and judgement.**

3. You may have a sore throat for a short time after the test. This is normal, and should pass within a day.
4. You will be unable to drink fluids for the first hour after your procedure.
5. Then sips of water for the next hour until ..... am/pm
6. For the remainder of the day drink cool liquids only.
7. The day after your procedure you may try a soft diet.
8. On the following day, if you are tolerating a soft diet, proceed to a normal diet.
9. After this time you should be able to eat normally.

If the following occurs over the next 48 hours, **please come back into hospital urgently**:

- Severe pain in the neck, chest or abdomen
- Vomiting or passing black tarry stools
- Fever or you feel generally unwell

If you have any problems following the procedure, please telephone the endoscopy suite.

## To contact us by telephone:

**Queen Elizabeth Hospital Birmingham, Endoscopy Unit**

Monday to Friday 08:30–17:30

Telephone: 0121 371 3838

**If your call is out of these hours please contact your own GP or A&E.**

**Emergency Department (A&E)**

**Queen Elizabeth Hospital Birmingham**

**Telephone: 0121 371 2600 ext 12600 or contact your nearest A&E department.**

A report will be sent to your GP within the next few days or offered to you to take personally.

Any specimens that were taken will need to be reported on by the laboratory which takes approximately 10–14 days.

The results of any specimens taken are not sent back to the endoscopy unit, so please do not telephone us to find out results. The results of your test will be sent directly to your GP.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit [www.uhb.nhs.uk/health-talks.htm](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

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To see all of our current patient information leaflets please visit  
[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)