



Gastroscopy and Banding of Varices – Discharge Advice

Your doctor sent you to have today's test for treatment of your oesophageal varices. Oesophageal Varices are enlarged veins that occur in the oesophagus (gullet).

While carrying out your Gastroscopy today, the doctor placed small rubber bands over the Varices to stop the blood supply to the enlarged vein (varix). Eventually the varices will disappear, reducing the risk of bleeding from that particular vein.

Usually, for this type of procedure it is necessary to give you more sedation than we would normally give to someone having a simple "camera" test or a general anaesthetic (GA). Sometimes we also give patients a strong painkiller, which, mixed with the sedative/GA can have quite a long lasting effect (up to 24 hours).

It is most important that you follow the instructions given in this leaflet

1. You may vomit a small amount of blood after this test, which is not unusual. You may also experience some discomfort and soreness in the centre of your chest, again this is not unusual.
2. If you vomit a large amount of blood (more than a cupful) or the vomiting becomes persistent, please contact the hospital for advice. Likewise, if you develop any pain in your neck, shoulder, stomach or centre of your chest, or if you become unusually short of breath or feverish, please telephone the unit using the numbers given below.
3. Because you have been given sedation/GA it is important that you rest quietly for the remainder of the day with someone to look after you for 24 hours, as you will still be affected by the drugs
4. It is advisable to have the following day off work, but in any event for the first 24 hours following sedation/GA DO NOT:
 - Drive a car
 - Drink alcohol
 - Operate machinery
 - Take sleeping tablets
 - Sign any legally binding documents
 - Work at heights (including climbing ladders or onto chairs)
5. Because the sedation affects your memory you will be given written information, or be seen by the doctor, together with the person who is accompanying you, to discuss the findings of your test before you leave the department. A report will be forwarded to your GP within the next few days. You will be given a Patient Centred Report with the outcome of your test written on it.

Information for Patients

6. You will have been given a drink before you leave this is to make sure that you can swallow properly. It is advisable to stick to a fairly fluid diet for the next 24 hours and ensure that anything you eat or drink is not too hot. After this time you can gradually introduce more solid foods over the next few days, as tolerated.

We would advise against travelling abroad in the first three days following your procedure. If you have any travel plans please discuss these with us.

Endoscopy Contact Numbers:

Solihull Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm - Excluding Bank holidays 0121 424 5394

An answer telephone is available for you to leave your name, telephone number and message. We will return your call.

Heartlands Endoscopy Unit

Monday to Friday 8:30 am to 5.30pm - Excluding Bank holidays 0121 424 0438

Good Hope Hospital - Scoping Suite Treatment Centre

Monday to Friday 8:30 am to 5.30 pm - Excluding Bank holidays 0121 424 9506

Queen Elizabeth Hospital Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays 0121 371 3833

An answer telephone is available for you to leave your name, telephone number and message. We will return your call.

If your call is out of these hours and you require urgent medical advice, you can contact one of the following:

- **Speak to an Endoscopy Nurse directly – phone 0121 424 2000 and ask to be put through to the Endoscopy Nurse on call**
- **Your own GP**
- **NHS Direct – Telephone 0845 4647**

If you experience severe pain, vomit blood, develop a high temperature, shortness of breath following your procedure, you should go direct to A&E taking this letter with you.

PATIENT SATISFACTION SURVEY

Your Feedback is important to us. Please use the QR code below to complete our patient feedback survey, and let us know how we can improve our services for you.



If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk.