



Endoscopic Mucosal Resection - (oesophagus/stomach only) Outpatient Discharge Advice

You have had some tissue removed from your oesophagus/stomach by a special technique using instruments through an endoscope. The doctor treating you will have explained in detail why this treatment was necessary and if you take certain medicines like aspirin, non-steroidal anti-inflammatory drugs or anti-coagulants, when you should re-start these. You will be commenced on anti-ulcer medication for 1 month (if you are not already taking this).

It is relatively normal to experience a slight temperature, feel sick and have some pain in the area that the treatment took place for a day or two. You may also find some streaks of blood in your saliva or cough up mucous streaked with blood and have a sore throat, again this is normal.

If you:

1. develop a high temperature
2. vomit blood
3. pass black stools
4. experience pains in your chest or abdomen
5. feel that your heart is beating faster than normal
6. faint
7. have problems breathing please contact the numbers below

You can drink fluids and eat after 1 hour following throat spray at.....or when fully awake unless instructed otherwise by the person doing the test.

As you have received sedation / general anaesthetic (GA) you must not drive, operate machinery or drink alcohol for the next 24 hours or sign any legal documents. You may be unsteady and unable to co-ordinate your movements for some hours following the investigation. It is for this reason that you must have someone who can stay with you overnight.

The sedation / general anaesthetic affects your memory so 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. You will be given a report to take to your GP within the next few days or one will be forwarded on your behalf.

Please note:

As with any test, the results given to you today cannot be guaranteed to be totally accurate, although the endoscopist performing the test has taken great care in reporting what he or she has seen. A copy of the report will be sent to your GP in the next few days however, if you have had biopsies taken, the results could take up to 4 – 6 weeks.

If you have had biopsies (samples) taken, the results will be sent to your GP/Referring consultant and a letter will be sent to you directly. If you have not received your biopsy results within 8 weeks, please call the department that you had your test carried out who can look into this for you.

Information for Patients

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.

To contact us by telephone:

If you have any problems or questions please use the numbers below to contact us:

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.



Information for Patients

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.