



Gastroscopy and Pyloric/Duodenal Dilatation – outpatient information

During the course of your test today it was necessary to stretch the outlet pipe of your stomach, the one that connects your stomach with your small intestine. This was necessary either because the pipe had become narrowed or it had become blocked. By using a balloon we were able to stretch this narrowed area, to relieve your obstruction.

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. Sometimes we also give patients a strong painkiller, which, mixed with the sedative 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 experience any of the following symptoms, you should go straight to A&E bringing this letter with you:-
 - Vomit a large amount of blood (more than a cupful) or the vomiting becomes persistent
 - Develop any pain in your neck, shoulder, stomach or centre of your chest
 - If you become unusually short of breath or feverish
3. Because you have been given sedation 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 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.

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.

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 between 4-6 weeks.

The results of any biopsies taken are not sent back to the Endoscopy Unit, so please do not telephone us to find out the results. The results of your biopsies will be sent to your GP/referring Consultant.

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**
- **Or dial 111 non-emergency NHS service**

Once at home, if you experience severe pain, profuse bleeding, develop a high temperature, or shortness of breath following your procedure, you should, go direct to A&E taking this letter with 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 patientexperience@uhb.nhs.uk.