

Patient information factsheet

Gastroscopy and colonoscopy (G7) aftercare advice

You have had a gastroscopy and colonoscopy today

A gastroscopy is a procedure where a thin, flexible tube called a gastroscope is used to look inside the stomach. A colonoscopy is an examination of your large bowel, again using a long, flexible tube attached to a small camera and light that is inserted into your rectum and up into your bowel.

You have had a sedative injection so your physical and mental capabilities may be affected and you may feel drowsy.

For your own safety and the safety of others, you should follow the advice below:

- **Do not** drive any type of motor vehicle or ride any type of bicycle for at least 24 hours.
- **Do not** operate any type of electrical or mechanical equipment/machinery for at least 24 hours.
- **Do not** sign any legally binding documents for at least 48 hours.
- **Do not** drink any alcohol for at least 24 hours.
- **You should not be** responsible for young children, disabled or dependent relatives for at least 24 hours.
- Continue to take your normal medication unless you're advised otherwise.
- You can eat as you normally would.
- Rest quietly for the remainder of the day and if possible have someone stay with you overnight.

Patient sticker	Throat spray	Tick
	Sedation	boxes as
	Biopsies	appropriate
	Test for helicobacter	
	Polyps removed	
	Diathermy used	

Advice given by: Signature..... Print name

Following the procedure you may experience some windy, cramp-like pains due to the air we passed through the endoscope. This is normal and should settle within 24 to 48 hours. You may also have a sore throat which should also settle within 24 to 48 hours.

As a result of any specimens taken, or polyps (abnormal growths) removed, you may pass some blood from your back passage (rectum). This is normal and again should settle within 24 to 48 hours.

Patient information factsheet

If the pain does not settle, or you are at all concerned about your recovery, please contact the endoscopy unit on **023 8120 3186** (8am-6pm) or your GP.

If you cannot get through to either, or your concern is out-of-hours, please contact the emergency department on **023 8120 6220**.

If you experience any severe bleeding from your back passage or extreme cramp-like pains in your abdomen (stomach), or unexplained pains in your chest, you must go to your nearest emergency department. Take this sheet with you.

You can get further advice by calling **111**.

After your endoscopy appointment

When you are discharged from the endoscopy unit you should be given:

- a copy of your consent form
- an advice sheet on what you should and should not do
- follow up advice
- a verbal explanation of what we have done to you today and what we have found
- a prescription if required

Further information

If you need to see a GP within the next two weeks, please take this factsheet with you.

If we are arranging an appointment for you to be seen in outpatients, this will be sent to you by post. Please ask the nursing staff if you have any questions about your treatment or services within the endoscopy unit.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone **023 8120 4688 for help.**