

Patient information factsheet

Gastrosocopy – throat spray (G2) aftercare advice

You have had a gastroscopy today

A gastroscopy is a procedure where a thin, flexible tube called a gastroscocpe is used to look inside the stomach.

You have had a local anaesthetic spray to your throat but have not had any sedation, so there is no reason why you cannot resume your normal daily activities.

Please follow the advice below carefully:

- Do not eat or drink until
- Before starting to eat a normal diet, you should sip some cold water to test that you are able to swallow normally.
 - If you can feel yourself swallowing you can eat and drink normally.
 - If it does not feel normal yet, you should wait another fifteen to thirty minutes and try again.
- When your swallowing feels normal, continue your normal medication unless told otherwise.

Patient sticker	Throat spray	Tick
	Sedation	boxes as
	Biopsies	appropriate
	Test for helicobacter	
	Dye spray	

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. This should also settle within 24 to 48 hours.

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 to 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**.

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If you experience any unexplained pain in your chest, you must contact your GP or go to your nearest emergency department immediately, taking 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.