Gastroscopy – throat spray (G2) aftercare advice

You have had a procedure called a gastroscopy today: _____.

This factsheet explains what to expect after your procedure. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

Before you leave the endoscopy unit

Before you leave the endoscopy unit, we will give you:

- a copy of your consent form
- an advice sheet on what you should and should not do after your procedure
- follow-up advice
- a prescription (if needed)

We will also explain what we have done today and what we have found.

Patient sticker	Throat spray	
	Sedation	
	Biopsies	
	Test for Helicobacter pylori (H. pylori) bacteria	
	Dye spray	

Table completed and advice given by:

_____ (healthcare professional's signature)

Local anaesthetic throat spray

As you have only had a local anaesthetic throat spray for this procedure (not sedation), you will be able to resume your normal daily activities straight away. However, it is important that you follow the advice below:

- Do **not** eat or drink anything until _____.
  Before you eat anything, it is important that you first check your ability to swallow is back to normal. You can do this by sipping some cold water.
  - If you can feel yourself swallowing, you can eat and drink normally.
  - If swallowing does not feel normal yet, wait a further 15 to 30 minutes and try again. Repeat until swallowing feels normal.
- When swallowing feels normal again, you may resume taking your usual medications (unless you have been told otherwise).

Side effects

After the procedure, it is normal to experience the following side effects:

- windy, cramp-like pain
- a sore throat

These side effects should settle within 24 to 48 hours.

If the pain does not settle or you are at all concerned about your recovery, please contact your general practitioner (GP) or our endoscopy unit using the details at the end of this factsheet.

When to seek urgent medical help

Call NHS **111** immediately or seek emergency care if you:

- have persistent severe chest or abdominal pain
- are vomiting blood
- are passing large amounts of jet black sticky stool (poo)

Please remember to take this factsheet with you.

Follow-up care

If you need any follow-up appointments at the hospital, we will send you a letter by post.

If you need to see a GP in the two weeks after your procedure, it is important that you take this factsheet with you.

Contact us

If you have any questions or concerns while in the endoscopy unit, please speak to a member of the healthcare team caring for you.

If you have any non-urgent questions or concerns after leaving hospital, please contact your GP or our endoscopy unit for advice.

Endoscopy unit
Telephone: **07500 761793** (every day, 8am to 6pm)

Outside of these hours, call NHS **111** for advice.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **PFSH@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

Version 8. Updated May 2026. Due for review September 2027. 990