

## Patient information factsheet

# Gastroscopy – sedation (G1) aftercare advice

**You have undergone a gastroscopy today** .....

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

As you have had a sedative injection today, your physical and mental capabilities may be affected. For your own safety and the safety of others, you are asked to 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.
- Rest quietly for the remainder of the day.
- If possible have someone stay with you overnight.
- Continue normal medication unless told otherwise.
- You can eat and drink as normal.
- **You should not** be responsible for young children, disabled or dependent relatives for at least 24 hours.

Patient sticker	Throat Spray	
	Sedation	
	Biopsies	
	Test for Helicobacter	
	Dye spray	

Tick boxes as required

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

Following the procedure you may experience 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, again, should 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 hold of these or your concern is out-of-hours, please contact the emergency department on **023 8120 6220**.

**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.

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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

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.**