

## 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 24 hours.
- **Do not** drink any alcohol for at least 24 hours.
- Rest quietly for the remainder of the day.
- You must have someone to 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, or disabled or dependent relatives for at least 24 hours.

Patient sticker	Throat spray	
	Sedation	
	Biopsies	
	Test for Helicobacter	
	Dye spray	

**Advice given by:**

Signature \_\_\_\_\_ Print name \_\_\_\_\_

After 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 **07500 761793** (every day, 8am to 6pm) or your GP.

**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 NHS Direct on **111**.

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When you are ready to 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
- follow up advice
- a prescription if required

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

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, we will send you a letter by post.

Please ask the nursing staff if you have any questions about your treatment or services in the endoscopy unit.

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](http://www.uhs.nhs.uk/additionalsupport)**

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