



# A guide to...

# Aftercare for Therapeutic Gastroscopy

## *Patient Information*

### How to contact us

Booking and interpreting queries – Please call the number on your appointment letter

Clinical queries – Watford 01923 436095 or Hemel Hempstead 01442 287968

Any other query – Please call Watford 01923 217530 or Hemel Hempstead 01442 287681

If you need this leaflet in another language, large print, Braille, or audio version, please call **01923 217 198** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



Author	Dr Alistair King
Department	Endoscopy department
Ratified / Review Date	November 2023 / November 2026
ID Number	25-2194-V11



## **For patients who have had sedation**

If you have had conscious sedation you may feel tired, dizzy or weak afterwards. You must have someone to collect you from the Endoscopy unit and stay with you for 24 hours. During the first 24 hours you must not:

- Drive
- Operate machinery
- Drink alcohol
- Take sleeping tablets
- Sign legal documents
- Look after young children and/or dependents alone

## **After your procedure**

You may have a sore throat for a short time after the test. This is normal and should pass within 24 hours. You can eat and drink normally.

If you have had Botox therapy in very rare cases, the Botox solution may spread from the injection site. This could cause serious problems so you **MUST** seek urgent medical advice if you get any breathing difficulties, choking or worsening swallowing following the procedure.

**You should attend your nearest accident and emergency department, taking with you a copy of your endoscopy report.**

## **If you develop:**

- Shortness of breath
- Swelling in the neck
- Chest pain
- High temperature
- Loose black stools

**You may have been given a drug called Buscopan to relax the bowel. Very rarely this can cause acute glaucoma (pressure build-up in the eye) If you develop any eye pain or change in your vision, please seek immediate medical attention at the Accident and Emergency department.**

**The contact details for Accident and Emergency at Watford is 01923 217256.**

**Please note there is no Accident and Emergency at Hemel Hempstead or St Albans City Hospitals.**

**Your named nurse today was:**

**Follow up care:**

The procedure you had today was

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You can drink

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You can eat

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**The following arrangements have been made for you:**

- You need to be seen in outpatients.
- You require another test (please state):
- You have been given details of the SOS service which will be explained by your discharging nurse.

**Patient conditions website/QR code:**

<https://gutscharity.org.uk/advice-and-information/conditions/?feature-category=gut>

