

Discharge advice following gastroscopy and dilatation

Northern General Hospital



Information for patients Endoscopy

Endoscopy Suite, NGH Telephone **0114 271 5529**

Patient's name

Hospital number..... **Date**

You have had a gastroscopy and dilatation of the oesophagus (gullet) and should not experience any serious after effects.

You may have a sore throat for about 24 - 48 hours; this should only be mild and should settle quickly. You may also experience some mild discomfort in your chest and upper part of your abdomen. This is most likely due to the stretching of your gullet; it is not unusual and is nothing to worry about. If you experience any severe pain in your chest, neck or abdomen please contact us using one of the numbers below.

As part of your procedure you have had a throat spray. This will make your throat feel numb.

- You can take a cold drink at and if you then have normal feeling you may eat and drink as usual.
- When you go home from hospital, you will be able to do all your normal activities.

If you have also had a sedative injection, this will take 24 hours to wear off completely.

- You should not drive your car or operate machinery for 24 hours.
- You should not sign legally binding agreements for 24 hours.
- You are advised not to drink alcohol or take sleeping medication for 24 hours.

If you have any worries or queries, please contact us on **0114 271 5529 / 0114 227 9730** between the hours of 8.00am and 6.00pm for the first 72 hours following your procedure. Outside of these hours, please contact the Gastroenterology ward on **0114 271 4944 / 0114 271 5280** and inform them that you have had a recent dilatation.

(Nursing staff please indicate/delete as appropriate findings from endoscopy report)

If you were asked to stop any blood thinning medication before your procedure, this can be restarted on:

A copy of the procedure report will be sent to your GP.

(continued overleaf...)

- No follow up appointment is necessary.
- It is necessary for you to have this procedure again (rescope). An appointment has been / will be made for you in weeks / months / years.
- Biopsies have been taken / polyps have been removed. Results will be sent to your GP / consultant.
- You have been given an information leaflet regarding your diagnosis.
- A clinic appointment with your consultant has been / will be made or they will write to you to confirm any results.



Produced with support from Sheffield Hospitals Charity – working together we can help local patients feel even better

To donate visit www.sheffieldhospitalscharity.org.uk Registered Charity No 1169762



Alternative formats can be available on request. Email: alternativeformats@sth.nhs.uk

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No.1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email infogov@sth.nhs.uk