



## Endoscopy Unit

# DISCHARGE INFORMATION FOLLOWING A GASTROSCOPY

Before leaving the unit, you will be seen by the endoscopist / endoscopy nurse and receive your own copy of the report. If you require any medications or further tests after your colonoscopy this will be arranged for you.

## Recovery

If you received sedation, it is important that you rest for the remainder of the day and have someone to stay with you overnight as these medications can affect your focus or sense of balance. During the first 24 hours following sedation you must not:

- ✓ drink alcohol
- ✓ drive any vehicles (including riding a motorcycle or bicycle)
- ✓ take sleeping tablets
- ✓ operate machinery or electrical items (including a cooker or kettle)
- ✓ sign any legally binding or important documents
- ✓ work at heights (including climbing ladders or onto chairs)

## Eating and drinking

If you have had only throat spray, you can start eating and drinking at \_\_\_\_\_. Try small sips of water first. If this does not make you cough or gag you may eat and drink normally and resume your normal medication, unless instructed otherwise by the endoscopist performing your procedure. If you experience coughing or gagging, do not eat or drink for a further 30 minutes and then try again.

You may experience sore throat and feel bloated for a few hours, but this will settle. You may find helpful massaging your tummy, having warm drinks or walking around to pass the wind.

## When to seek advice

If you have continuous or worsening bleeding (fresh blood or dark stools), fever, severe pain in your neck, chest or abdomen or persisting vomiting, please attend the nearest emergency department and bring a copy of the endoscopy report with you.

For any queries, you can contact endoscopy department on **020 7288 3813/3814** between Monday to Friday from 9am to 5pm.



## Biopsy results

**ALL BIOPSY RESULTS WILL BE REVIEWED IN THE VIRTUAL CLINIC AND SENT TO YOUR GP. PLEASE CONTACT YOUR GP AFTER 4 - 6 WEEKS TO GET A COPY OF THE HISTOLOGY REPORT. IF YOU REQUIRE A FOLLOW UP APPOINTMENT, THIS WILL BE ARRANGED FOR YOU.**

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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