York and Scarborough Teaching Hospitals
NHS Foundation Trust

Gastroscopy Discharge Advice

Information for patients, relatives and carers

ⓘ For more information, please contact:

Endoscopy Unit

York Hospital
Phone: 01904 726694
York Hospital, Wigginton Road, York, YO31 8HE

Scarborough Hospital
Phone: 01723 342518
Woodlands Drive, Scarborough, YO12 6QL

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We hope you find this information useful after your gastroscopy.

What should I expect after my gastroscopy?

You may have some discomfort in your stomach. This is because air was put into your stomach during the procedure; this will soon wear off.

You may have a sore throat, but this is normal and should pass within 24 hours.

If you had throat spray, you must not have anything to eat or drink for 30 minutes following your examination.

You may resume your normal diet unless otherwise instructed by your doctor.

Any discomfort, inflammation or swelling at the site of your injection should settle in a few days.

If you experience any severe neck or chest pain, you should consult your doctor immediately.

Important Information about sedation

If you had sedation, it may take up to 24 hours to wear off; you may feel drowsy and be forgetful.

It is essential that you have someone to accompany you home unless you have had no sedative drugs or only throat spray.

Please see the list of medication below to help you identify if you need an accompanying adult to take you home:

- **Fentanyl (strong pain relief)**

You will need adult supervision if you are discharged before one hour after having your procedure. You will not need adult supervision if discharged over an hour after your procedure. Avoid using public transport unless accompanied by an adult. You must not drive or operate machinery for 24 hours.

NB: Fentanyl (strong pain killer) is not used routinely but in some instances, this may be deemed necessary on the day of a test by the endoscopist responsible for your procedure.

- **Midazolam (sedative)**

You will need adult supervision, recommended for 24 hours and a minimum of 3 hours. Avoid using public transport. You must not drive, operate machinery, drink alcohol, return to work or sign legal documents for 24 hours.

- **Midazolam + Fentanyl**

You will need adult supervision, recommended for 24 hours and a minimum of 4 hours. Avoid using public transport. You must not drive, operate machinery, drink alcohol, return to work or sign legal documents for 24 hours.

- **Throat Spray**

You will not need adult supervision, you can drive immediately and you can use public transport. Staff will let you know when you can eat and drink safely, as a small amount of time (usually 30 minutes) is needed for the numbness to wear off.

What about my results or further appointments?

If you require a further appointment, your discharge nurse will inform you of this before you go home.

We will send detailed results of the procedure to your GP within the next two to three weeks.

Who should I contact if I have any concerns?

In the first 24 hours after your examination, please contact the Endoscopy Unit on York 01904 726694 or Scarborough 01723 342518 between the hours of 8am and 6pm.

After 6pm, please telephone the hospital on York 01904 631313 or Scarborough 01723 342153 and ask for the on call surgical registrar.

After 24 hours, please contact your own GP.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
The Endoscopy Unit, York Hospital, Wigginton Road, York, YO31 8HE, phone 01904 726694 or
The Endoscopy Unit, Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL, phone 01723 342518.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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