

Patient information

Discharge Following your Gastroscopy with Banding of Oesophageal Varices

Endoscopy Unit - Aintree Hospital

You have had a gastroscopy which is a visual examination of the upper intestinal tract using a lighted, flexible fibre optic endoscope.

Prior to your admission you should have received and read the upper gastrointestinal (GI) endoscopy patient information leaflet.

The endoscopist has used the camera to place small elastic bands that look like rubber bands around the enlarged veins (varices in the oesophagus). This reduces the blood flow, the size of the veins and the risk of bleeding.

What happens after the procedure?

- The endoscopist or nurse will have informed you of the immediate findings of the examination. They will also let you know when you can eat and drink.
- You may experience a sore throat which usually passes after a couple of hours but can last for a few days. You may also experience some difficulty in swallowing for a few days or feel some internal/chest discomfort in the banded area. This is quite normal and you can take some simple analgesia.
- You may feel bloated and gaseous; this is due to the introduction of air.
- You can have a friend or family member present for discharge if you wish.
- You will be advised on when to restart your usual medications.
- You may experience small amounts of blood in your saliva. This can be common after banding.

The elastic bands which are normally blue or white usually fall off after a few days and will pass through into your stomach and then into your bowel. They will come out when you go to the toilet. Most people do not see these in their stool but if you do that is normal.

If you have had sedation:

- You may feel drowsy this is because the sedation you have been given will remain in your body for several hours and can have an amnesic affect.
- You will need to have someone with you for the rest of the day and overnight. Your nurse will discharge you into the care of a relative or friend who has come to take you home.

- You must have a responsible adult to take you home and stay with you for 24 hours and in addition you should not:
- As you have had sedation you should not work, drive a car, operate machinery, drink alcohol or sign legal documents for 24 hours.

What should I do when I go home?

- If you have had sedation, once at home you are advised to rest quietly for the remainder of the day.
- You may have a dressing in place over the injection site in your hand or arm. You can remove the dressing after a short while.

Dietary advice

- Following banding of varices, you are usually advised not to eat for 4hrs following your procedure and following that you should eat a soft diet (soup, porridge, puddings) for the first 24hrs.
- You can take a drink of cold water once the sedation and spray have worn off.
- You are advised to avoid hot drinks for 12 hours.

Are there any possible complications following gastroscopy with banding?

While every precaution is taken to prevent any problems, complications can occur and sometimes these may not be evident for several hours.

If, in the next 24-48 hours, you experience any of the following contact Aintree Hospital Tel.0151 525 5980 and ask to speak to the endoscopy co-ordinator (Mon – Fri 09.00 – 17.00) or outside of these hours contact the nurse clinician bleep 5147 or bleep 2076:

- Severe chest pain.
- Severe or new onset of abdominal pain.
- Severe dizziness or fainting.
- Sweating, severe nausea or high fever.
- Difficulty breathing or development of a cough.
- Vomiting blood or black coffee ground material.
- Passage of a large amount of blood or black stools.

These symptoms may indicate a complication of the procedure; your doctor will want to discuss these symptoms with you.

If your symptoms cause concern, persist or if the pain is severe you must seek help immediately from your GP or go to your nearest Accident and Emergency department.

Will I need a follow-up appointment?

Your report will let you know if you are due further endoscopic procedures.

If you need to be reviewed at a clinic in the hospital, an appointment will be arranged and sent to your home address.

You will be discharged on the day of your procedure with a copy of your report.

A copy of all this information will also be sent to your general practitioner (GP).

What should I do if I have any concerns about the procedure?

We welcome and encourage your feedback. Therefore, if you have any comments, concerns or queries about your visit to the endoscopy unit at Aintree Hospital please do not hesitate to speak to the:

- Nurse in charge.
- Customer services Tel: 0151 529 3287.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

**If you need any further information, please contact the Endoscopy unit, Elective Care Centre Aintree Hospital
Telephone: 0151 525 5980.**

Further Information about oesophageal varices can be found at:

**British Liver Trust, 6 Dean Park Crescent, Bournemouth, BH1 1HL
www.britishlivertrust.org.uk**

Tel: 014 254 81320 (general enquiries) 0800 652 7330 (nurse-led helpline for liver related questions, Monday to Friday 10am to 3pm.)

Note: This document is intended for information purposes only and you should read it either together with or depending on any advice given by your doctor or relevant health professional.

**Author: Endoscopy Unit - Aintree Hospital
Review date: August 2026**

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