

Patient information

Discharge following your Gastroscopy

Endoscopy / Gastroenterology Aintree

- 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.

What happens after the procedure?

- You may experience a sore throat which usually passes after a couple of hours but can last for a few days.
- You may feel bloated. This is due to the introduction of air during the procedure.
- The endoscopist or nurse will have informed you of the immediate findings of the examination and will have advised you on diet and fluids. You can have a friend or family member present for discharge if you wish to.
- You will be advised on when to restart your usual medications.

If you have had sedation:

- You may feel drowsy, and many people find they do not remember all the information given to them so this will be provided to you in writing in the form of a procedure report.
- The sedation you have been given will remain in your body for several hours. You will need to have someone with you for the rest of the day and overnight. 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 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.

Are there any possible complications after a gastroscopy?

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 general practitioner (GP) or go to your nearest Accident and Emergency department.

Will I need a follow-up appointment?

- If you need to be reviewed at a clinic in the hospital, an appointment will be arranged and sent to your home address.
- If you do not require a follow-up appointment, we will advise that you will receive a letter via post informing you of your histology results. You should receive this letter within four – six weeks.
- 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 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 or contact Customer Services Tel: 0151 529 3287

Note: This document is intended for information purposes only.

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.

Useful websites

- **www.aboutmyhealth.org.uk – for support and information you can trust.**
- **www.gutscharity.org.uk**

NHS 111

For health advice and reassurance, 24 hours a day, 365 days a year.

Tel: 111 (Textphone 18001 111)

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایه‌ن تراسته‌وه په‌سه‌ند کراون، نه‌گه‌ر داوا بکری‌ت له‌فورماته‌کانی تردا بریتی له‌زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شری‌تی ده‌نگ، هیل‌ی موون و ئه‌لیکترۆنیکی هه‌یه.

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