

Patient information

Gastroscopy Aftercare Information

Gastroenterology

Your gastroscopy test is now complete. Once the effect of the throat spray has worn off, you may eat and drink as normal.

Minor post procedure symptoms

You may or may not experience a sore throat. If you do, it can last for a couple of days but usually passes after a couple of hours.

Stomach ache is most likely due to the air inflated into your stomach during the procedure. This will pass in its own time.

Serious post procedure symptoms

Please attend your nearest Emergency Department (A&E) if you have severe pain in your neck, chest or stomach. Please take this leaflet and your copy of the report with you to let them know what procedure you have had today.

A full report of your Gastroscopy findings will be sent to your family doctor (GP).

Important advice

If you were sedated, you must have a friend or relative to take you home

You may have difficulty remembering what the doctor or nurse has said to you and we would advise that your escort listens to what is said with your consent. The effects of sedation will stay in your system for around 24 hours.

For the next 24 hours you must not:

- Travel alone.
- Drive any vehicle or ride a bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions, sign any business or legal documents.
- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

You should

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

Further information

If you have any questions or queries, please contact the Gastroenterology Unit during the following hours

Monday – Friday	0730 – 1800 hrs
Saturday/Sunday/BH	0800 – 1600 hrs

Tel: 0151 706 2726/2799

Text phone number: 18001 0151 706-2726

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

The Emergency Department (A&E) is open 24 hours

Telephone number: 0151 706 2051/2050.

Text phone number: 18001 0151 706 2051/2050

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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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