

POST PROCEDURE ADVICE SHEET

Today you had the following procedure(s)

Gastroscopy
EUS
Dilatation

Following your procedure:

You will have been given a drink after your procedure. If you have tolerated this without discomfort you may then have a soft diet, such as mashed potatoes, soup, ice cream etc. for 2 days and then resume your normal diet.

It can be normal to experience slight discomfort and/or a sore throat for 2 days post procedure. You may take simple pain relief such as paracetamol to relieve this. If biopsies have been taken the results will be given to you at your follow-up outpatient appointment if applicable, or your GP surgery. If you have had a test taken for Helicobacter Pylori infection (a CLO test), please telephone or make a non-urgent appointment with your GP in approximately 10 days time for the result.

If any of the following symptoms occur within 2 days of your procedure please contact the Gastroenterology Department or your GP as soon as possible.

- * Temperature
- * Vomiting
- * Severe pain
- * Breathlessness
- * Heavy bleeding

If you have had Sedation:

You will be left to rest as you may feel sleepy. Once you have returned home, or back to your ward you may begin to eat and drink normally and resume your normal medication, unless instructed otherwise by the Doctor. If you have gone home you are advised for the first 12 hours to have someone stay with you in case of complications or problems. For 24 hours you are advised:

- * **NOT TO** drive a motor car or operate any machinery, inc. kettles, cookers etc.
- * **NOT TO** take alcohol
- * **NOT TO** undertake any decision regarding legal documentation
- * **TO REST** quietly at home until the effects of the sedation have worn off

The incidence of complications are small, but if you have any problems which you feel may be related to the procedure you are advised to contact your GP or visit A&E if necessary. You can telephone the Gastroenterology department Monday to Friday, 8.30 am to 5.30 pm. **01603 288169** if you have any queries.