

ENDOSCOPY UNIT POST PROCEDURE ADVICE SHEET

Today you had the following procedure

**ER
CP**

Following your procedure:

You have been started on oral fluids whilst in recovery. Please continue to drink clear fluids overnight i.e., tea or coffee without milk, clear soup or jelly. If you are well in the morning, you may eat breakfast and continue to rest during the day following your procedure whilst building up to a low-fat diet for 48 hours and then eat and drink as normal.

If any of the following symptoms occur within 2 days of your procedure please contact the Gastroenterology Department or your GP, or if you are an inpatient alert a member of staff, as soon as possible.

- Temperature
- Severe pain
- Passing dark black stools
- Vomiting
- Breathlessness

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 24 hours to have someone stay with you in case of complications or problems. For 24 hours you are advised:

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

The incidences 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 on **01603 647594** Monday to Friday 0800 – 1800.

If you have any concerns out of hours, please call A&E on **01603 287324**

