

ENDOSCOPY UNIT

POST PROCEDURE ADVICE SHEET

Today you had the following
procedure(s)

Gastros
copy
EUS
Dilatatio
n
Banding of Varices

Following your procedure:

You will have been given a drink after your procedure. If you have tolerated this without discomfort following a therapeutic procedure, you may then have a soft diet, such as mashed potatoes, soup, ice cream etc. for 2 days and then resume your normal diet. If your procedure was purely diagnostic you can resume a normal diet immediately. 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 consultant/GP may write to you. If you have had a test taken for Helicobacter Pylori infection (a CLO test), please telephone your GP in approximately 1 week for the result as you may require some treatment.

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
- Severe pain
- Heavy bleeding
- Vomiting
- Breathlessness
- Passing black stools

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, including 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 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 Monday to Friday 7.30am to 9.00pm. Saturdays 8.00 a.m. to 1.00 p.m. on **01603 647594** if you have any queries.

If you have any problems out of hours, please contact A&E on 01603 287324.

