

Discharge Advice after Your Gastroscopy and Colonoscopy

Patient Information

After your Gastroscopy and Colonoscopy

The sedation you have been given makes you sleepy and can cause forgetfulness and lack of concentration for up to 24 hours. You should go home and rest today.

You must be collected and accompanied home.

If you have had sedation and live alone, we recommend that you arrange for someone to stay with you overnight.

For 24 hours **after** the sedation you must not:

- drive
- drink alcohol
- operate heavy machinery
- sign any legally binding documents.

Most people feel back to normal after 24 hours.

After Effects

You may have a sore throat for about 24 hours. This is quite normal.

You may feel bloated with mild abdominal pain. This is due to wind and should quickly settle. Peppermint tea/water, warm drinks and walking around can help to pass the wind out.

If you have had biopsies taken or polyps removed you may experience some bleeding from your back passage. This should stop when your bowels have been opened once or twice.

If you have continued or worsening bleeding, severe abdominal pain or unexplained fever, or severe pain in your neck, chest or abdomen please contact the Hospital.

Eating and Drinking

- **If you have had throat spray**, you must not eat or drink for 45 minutes after your gastroscopy. After 45 minutes, you can try a small sip of water. If this does not make you cough or gag (choke, you can eat and drink normally. If you experience coughing or gagging, do not eat or drink for a further 30 minutes and then try again.
- **If you have not had throat spray**, you can eat and drink straight after your procedure.
- When you are swallowing normally you can start taking your usual medications, unless advised otherwise.

What Happens Next?

A copy of the report will be sent to your GP within 1 working day. You should also be given a copy of the report before you go home.

Your Results

The Consultant will write to your GP to tell them the results of the gastroscopy / colonoscopy and biopsies (if taken). If you are having other tests your Consultant may need to wait for all the results before they write to your GP.

If your GP referred you for the test, you and your GP will receive your results from your Gastroenterologist.

Your follow up appointment will be given to you at your discharge along with your gastroscopy / colonoscopy report OR the Consultant may write to you instead.

Biopsy Results

All biopsy results (if taken) are seen by your Consultant. You may be given your biopsy results when you come for your next outpatient appointment. If a Consultant does not need to see you in the Outpatients Department, they will write to you and your GP with the results.

If you have continued or worsening bleeding, or if you have severe abdominal pain or unexplained fever, please call the Hospital.

If you have any concerns or questions regarding your care following discharge, please do not hesitate to contact the hospital.

Let us know your views

Please complete the green questionnaire before you leave with comments about your experience.

For assistance or further details please telephone
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