

## **Endoscopy Department Going Home after Gastroscopy**

Patient name. ....

Prescription to take away yes / No

Out-patient appointment required yes / No

### **What can I expect having had sedation?**

After your gastroscopy, you may feel drowsy. Even if you do not feel drowsy, a responsible adult must collect you from the Endoscopy Unit. This is because the sedation is still in your system and it is not safe to discharge you unaccompanied.

It takes time for the sedation to work through your system so for 24 hours

#### **Do not:**

- Drive
- Operate any machinery
- Drink alcohol
- Sign legal documents

### **What symptoms might I feel?**

- You may experience a feeling of being 'bloated with wind'. This is because your stomach has been filled with air during the gastroscopy and it may be feeling sensitive. This will get better once you are up and walking around. Try sucking mints, drinking boiled water or drinking peppermint drinks - e.g. cordial or tea.
- You may experience a sore throat. This is not an infection. The instrument may have rubbed the delicate lining of your throat. The soreness should pass in 24-48 hours. In the meantime, drinking plenty of fluids or taking lozenges may help.

### **When can I eat and drink?**

You can eat normal food when you get home, although you may prefer light meals on the day of the test.

### **Medications:**

You can resume your normal medication regime from 1-2 hours after your gastroscopy. You will be informed when to resume taking Aspirin/ Clopidogrel or other anticoagulant (blood-thinning) medication

### **What symptoms should I worry about?**

- Complications after gastroscopy are rare, so please do not be concerned, but should any of the following occur:
- Severe abdominal pain, or vomiting
- Fever
- Redness, or tenderness and swelling at your injection site that persists you should contact us.

**You should contact the unit between 08:00 to 18:00 Monday to Friday 01-2214416 or 01-2214599 between 11am to 1pm and 2pm to 4pm, outside of these times you should contact your nearest Emergency Department and bring this form with you for further advice and inform us.**

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Endoscopy Department, St. Vincent's University Hospital, Elm Park, Dublin 4

Direct telephone line: 2214599

Web address: [www.stvincents.ie](http://www.stvincents.ie)

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