

Gastroscopy Discharge Information

**Endoscopy Unit
University Hospital Llandough
02920 715970**

**Endoscopy Unit
University Hospital of Wales
02920 746344**

If you received sedation, although you may feel wide-awake, your concentration and co-ordination may be impaired. For this reason **someone should accompany you home and stay with you for at least 4 hours**. For 24 hours you:

- **MUST NOT** drive a car (or other motorised vehicle) **or** ride a bike
- **MUST NOT** operate machinery **or** sign important documents
- We advise that you do not drink alcohol until the next day

What to expect following your gastroscopy

You may experience a sore throat, which can last for 24 – 48 hours. This is due to the insertion of the tube through the mouth and will wear off. Simple throat lozenges or a mild painkiller such as paracetamol will help.

You may also feel bloated if some of the air has remained in your stomach. Walking around and drinking warm drinks such as peppermint tea or eating peppermints can help.

If you experience severe pain in the chest, neck, abdomen or develop a fever within 24 hours, you should:

- **Monday to Friday 08.30am – 17.00pm:** contact the endoscopy unit informing them that you have recently had a gastroscopy and describe the problem that you are experiencing.
- **Outside working hours:** either phone your out of hours GP service or visit your local Emergency (A&E) department.

It is important that you tell them that you have had a recent gastroscopy procedure and take a copy of your report with you.

What happens next?

A copy of your report will be posted to your GP. If you had any biopsies taken the samples will be sent to the laboratory. It can take at least 4 weeks before these results are available.