



Following your Gastroscopy and Banding of Varices with sedation

Gemini Endoscopy Suite
Tel: 01271 349180

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

After your gastroscopy a responsible adult must collect you and stay with you for at least 12 hours, because you will be drowsy from the medication you have been given. Small amounts of sedation will remain in your body for up to 24 hours. During this period, although you may feel wide-awake you will still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light-headed or faint.

Sedation can impair your reflexes and judgement It is for these reasons that **for 24 hours after your procedure** you:

Go home and take complete rest for the remainder of the day and have a quiet day tomorrow

Must not drive a car (your car insurance is invalid for the 24 hour period)

Must not ride a motorbike or bicycle

Must not operate any machinery or electrical items, e.g. kitchen appliances

Must not drink alcohol

Must not take any sleeping tablets

Must not sign any legally binding documents

Do not bath or shower

Must not work

How does banding work?

Fever – This is extremely rare after a gastroscopy. A high temperature above 38 degrees may indicate that you may have developed an infection after your procedure. Should this happen, please consult your doctor for immediate medical advice.

Localised infection – For your procedure you will have had your medications administered through a special intravenous cannula. Sometimes the area can get sore and infected after the procedure. This may need a treatment with topical cream or some antibiotics. If this happens, please visit your GP for advice and treatment.

Medications

You may resume normal medications after your gastroscopy, unless advised otherwise.

If you take blood thinning medications please restart them on.....

When will I get the results?

A nurse will speak to you before you leave the Gemini Endoscopy Suite and explain:

What was seen and done during your procedure

Whether you will need any further follow up

That a copy of your report will be sent to your GP today and any results should be with your GP within 2 weeks

Follow up appointments

To completely eradicate the varices, you may require several treatments of banding (usually between 3-4) which will require frequent visits to the Endoscopy unit. You will usually be allowed to go home the same day, although occasionally you may need to stay in hospital overnight.

Once the varices have been successfully treated, you will have an endoscopy every 6 months to a year. This is to check that the varices have not returned. If varices have returned they will be banded again. It is important that you attend the appointments because if varices are left un-treated, they may burst and bleed.

What if I need further advice and assistance?

If you ever have any signs of bleeding such as dark stools and vomiting blood, you must inform your GP immediately.

If any of the above symptoms persist or worsen after your gastroscopy – such as bleeding, pain, temperature and shortness of breath, please follow the instructions below:

In normal working hours Monday to Friday 8am to 6.30pm, telephone the Gemini Endoscopy Suite on **01271 349180**

Outside these hours contact your GP surgery or if in an emergency come to the North Devon District Hospital A&E

Alternatively telephone NHS Direct on **111**

Further information

Please telephone the Gemini Endoscopy Suite on **01271 349180**.

www.bsg.org.uk – British Society of Gastroenterology

www.modern.nhs.uk – NHS Modernisation Agency National Endoscopy Programme

www.grs.nhs.uk – Endoscopy Global Rating Scale

References

Endoscopy Unit –