

Do not bath or shower

Must not work

What will happen after my test?

Part of having a gastroscopy at North Devon District Hospital may involve having some biopsies taken. Biopsies are not always necessary if all appeared normal. Biopsies, if taken, are sent to the laboratory to be analysed by a pathologist. The results will either be sent to your GP or you will have an appointment in the outpatients department to discuss the results with your hospital doctor.

When can I eat and drink again?

The local anaesthetic wears off after 30 minutes. Usually the nurse in recovery will check your swallowing with sips of cold water. This is to check and to make sure the normal sensation has returned. You can eat and drink as normal, unless advised otherwise. You may prefer to start with light foods before returning to your normal eating habits.

When I am at home, what if I feel unwell after the procedure?

You may or may not encounter any of the following conditions;

Sore throat – hoarse voice: You may experience a sore throat or hoarse voice. This is not unusual, and this should ease within a day or so.

Bleeding: It is normal to cough up small amounts of blood in your sputum particularly if you had lots of biopsies. This is fairly rare and should settle within a day. If the bleeding persists for more than 24 hours and/or gets heavier, please consult your doctor for immediate medical advice.

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. If this happens, please consult your doctor for immediate medical advice.

Abdominal pain and bloating: Abdominal discomfort is fairly common after a gastroscopy. Some patients have discomfort due to air that is put into the stomach during the test, but this will subside rapidly.

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.....

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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