



Following your gastroscopy and injection of botox 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 Botox work?

During your gastroscopy procedure today you have had some botox injections applied to your oesophagus (gullet) to treat a motility disorder. A special injecting device was used to inject the botox toxin into the lower end of your oesophagus, or in an area where the endoscopist observed some spasms. The toxin paralyses the spasming muscle and this effect can help to improve symptoms, sometimes for up to a month, if effective.

When can I eat and drink again?

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.

For the rest of the day take cool liquids only

For the first 24 hours following your procedure take a soft diet

After 24 hours if you are tolerating a soft diet, proceed to a normal diet

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

Injecting is a safe procedure with a very low frequency of complication, but occasionally the following can occur:

Difficulty swallowing – Sometimes when the muscle is injected with Botox, there is, instead of a relaxation, a contraction of the muscle. This can cause difficulty in swallowing, known as dysphagia. This is usually temporary but can remain for several weeks, but will resolve. In extreme contraction, there can be a complete dysphagia – where nothing passes through the oesophagus (gullet). Complete dysphagia requires hospital admission and treatment. If you have this then you must seek immediate medical advice and admission. This is extremely rare.

Bleeding – It is normal to cough up small amounts of blood in your sputum, particularly because you have had injections.

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

References

Endoscopy Unit – Gateshead Health NHS Trust

Endoscopy Unit – St George’s Healthcare NHS Trust

Endoscopy Department – North West London Hospitals NHS Trust

Endoscopy Suite – Good Hope Hospital NHS Trust

Hypnovel (Midazolam) information literature

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.

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.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

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