

## Endoscopy Department



### GASTROSCOPY (OGD) DISCHARGE ADVICE

#### **Food and drink:**

You will be given a light snack before your discharge from the endoscopy unit. If you have received sedation **DO NOT DRINK ALCOHOL** as this may make you much more sleepy than usual.

#### **Activities:**

If you have been given sedation during the procedure, this will make you less alert than usual. We recommend that for the rest of the day of your test you:

- **DO NOT DRIVE**
- **DO NOT OPERATE ANY MACHINERY e.g. Lawnmower etc.**
- **DO NOT SIGN ANY IMPORTANT DOCUMENTS.**
- **DO NOT SUPERVISE SMALL CHILDREN**

You may resume normal activities on the day after the examination.

#### **Medications:**

You may resume normal medications immediately after the gastroscopy. Please ask if you are not sure that a medication is safe.

#### **Common Side Effects:**

You may have a mild sore throat or a runny nose after the procedure but this should resolve. You may also have some abdominal discomfort. This can be caused by wind in the stomach during the procedure but should subside rapidly.

**Things to report to your doctor:** After Gastroscopy there are rarely severe side effects, but it is sensible that you are aware of these

- Severe pain or vomiting
- Temperature greater than 38 degrees
- Redness, tenderness and swelling at the site of the intravenous injection that persists
- Black or unusually dark bowel motions

If you experience any of the following please do not hesitate to contact the Endoscopy Department at **01 6466413** between 09.00 and 16.00 on weekdays or alternatively your own GP or Accident & Emergency Department of your local hospital.

#### **Follow Up:**

You will receive a follow up appointment if this is needed. Otherwise you will be discharged to your General Practitioner (GP) or the Consultant that referred you to the service. A letter will be sent to your referring physician outlining the results of your test.