Patient Discharge Information Following Gastroscopy with Oesophageal Dilatation

Your procedure will normally have been carried out with a sedative injection. Because of this you must have a responsible adult to take you home and stay with you for the next 24 hours. In addition, you should not:

- Operate machinery or household equipment (kettle, cooker)
- Drive a car or motorcycle
- Take any alcohol or drugs other than those prescribed
- Sign any legal documents
- Look after young children or dependants alone.

One of the effects of sedation is that you may not remember having the procedure carried out; this is normal.

After the procedure

Your throat may feel a little sore for 24-48 hours and you may feel bloated for a few hours, you may experience some discomfort in your chest. You should go home and rest for the remainder of the day.

Diet

You should take a soft diet only (puree consistency) for example soups, yoghurts, mashed potato. You should also avoid hot drinks for 24 hours, you may have warm drinks but not hot. You may also have cold drinks. The doctor will give you some more specific advice on diet after the procedure depending on the findings and how successful the dilatation was.

When to see help/advice

If you develop any of the following symptoms following discharge, you should seek urgent advice:

- Vomiting blood
- Severe chest pain
- Persistent vomiting
- If bowel motions turn black
Problems following discharge
If you have any problems following discharge, please contact the Endoscopy Unit on

01895 279214

The unit is open Monday – Friday 8:30am to 5pm.
Outside of these hours contact your GP.
In case of emergency contact the Accident and Emergency Department.

<table>
<thead>
<tr>
<th>Prescription Given</th>
<th>Y</th>
<th>N</th>
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<tbody>
<tr>
<td>Bloods/xray/scan</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>Outpatient appointment</td>
<td>Y</td>
<td>N</td>
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<tr>
<td>Repeat OGD</td>
<td>Y (date ..........)</td>
<td>N</td>
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