Discharge Information Following Gastroscopy with Variceal Banding or Injection

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. It is common to have some chest discomfort after variceal banding. This usually settles within 24-48 hours and simple painkillers such as paracetamol can be used. It is also common to notice a small amount of blood in the saliva after the procedure.

Diet

You should take a soft diet only (puree consistency) for example soups, yoghurts, mashed potato for the first 24-48 hours. You should also avoid hot drinks for 24 hours, you may have warm drinks but not hot. You may also have cold drinks.

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.

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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.

If you develop any urgent problems following your discharge and you feel that they cannot wait until the Endoscopy Unit is next open, please contact your GP/NHS 111 or attend Accident and Emergency.

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<tr>
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<td>Bloods/xray/scan</td>
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<td>Repeat OGD</td>
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