

What to expect after Your Transnasal Gastroscopy – Discharge leaflet

This leaflet will explain:

- What happened during your procedure
- What will happen after your procedure
- The normal after-effects of the procedure
- The after-effects of any drugs given during the procedure
- What to do if you feel unwell after the procedure

What was found in my gullet and stomach?

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What will happen now, when will I get the results of any specimens taken?

- ☐ No further follow up is required
- ☐ You require another endoscopy.....Date.....
- ☐ You require another investigation.....Date.....
- ☐ You require an outpatient appointment.....Date.....
- ☐ A copy of your results will be sent to your consultant -----who is responsible for arranging any follow-up appointments
- ☐ A copy of your results will be sent to your GP who will follow you up. Please check that your GP practice has received your results before making an appointment

What are the normal after-effects of the procedure?

You may find that you have some discomfort, you may experience a feeling of wind or bloating. This will usually pass within 24 hours as you move around. Peppermint tea is an effective remedy to help disperse the excess wind/bubbles. You may also experience a sore throat and cough up a little blood on a tissue, this is absolutely normal. Throat lozenges, cold food/drinks and analgesia such as paracetamol can help to relieve a sore throat. You may also experience a nose bleed – if this occurs bend your head forward and gently nip the bridge of your nose for up to 30 minutes until the nose bleed stops.

On rare occasions some patients may vomit blood, pass dark sticky stools (Malaena) have severe abdominal pain, chest pain or pain in the tips of the shoulders. If any of these rare post procedure symptoms occur, please present to A&E with a copy of your Transnasal Gastroscopy report as it may indicate a perforation your upper gastrointestinal tract.

What are the after-effects of the medication injection?

The medication you received was:

- ☐ Local Anaesthetic Nasal Spray
- ☐ Local Anaesthetic Throat Spray
- ☐ Midazolam
- ☐ Fentanyl
- ☐ None

Local Anaesthetic Throat Spray

This is a spray which makes the back of your throat and tongue feel numb. It is important that you do not eat any food or drink any liquids for one hour after your procedure.

You can eat and drink at.....

Midazolam & Fentanyl

Midazolam is a sedative and Fentanyl is a pain killer. Both of these medications can affect your mental ability to think clearly for up to 24 hours after they are given, even though you may feel wide awake. For this reason you will need to have someone to look after you when you get home and stay overnight with you.

For 24 hours after the procedure you should not do any of the following:

- Drive a vehicle or motorbike
- Use kitchen appliances such as a cooker or kettle
- Have a bath or shower unsupervised

- Look after children on your own
- Go to work
- Operate potentially dangerous machinery
- Sign any legal documents
- Drink any alcohol
- Take sleeping medication
- Take any recreational drugs
- Breastfeed

What if I feel unwell after the test?

Contact the endoscopy department or your GP if you are worried about any symptoms you experience up to 24 hours after your procedure.

It is very important that if you experience severe abdominal pain, chest pain, pain in the tips of your shoulders or pass more than a half a cup full of blood, up to two weeks after the procedure, you must seek urgent advice from either your GP or the A&E department.

If you are admitted to hospital within 30 days of this Colonoscopy procedure, please contact us on the telephone numbers below:

Contact:

In office hours: 08:30-17:30 contact the Endoscopy Department on 0191 7371089 or 0191 7371070

Contact your GP practice within their normal opening hours

Out of Hours: NHS Direct on 111 or attend your local A&E Department

Data Protection

Any personal information may be kept confidential. There may be occasions where your information needs to be shared with other care professional to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information via Tyneside Surgical Services website.

This leaflet can be made available in other languages and formats upon request