

## Patient Feedback / Involvement

In order to maintain our exceptional standard of care Nuffield Health host regular feedback meetings with our patients.

We consider patient feedback and involvement in the continuous development of our service to be one of our highest priorities.

If you would like to attend our next meeting or have any feedback please get in touch using the email address below.

Endoscopy contact email:

[hobkh.endoscopy@nuffieldhealth.com](mailto:hobkh.endoscopy@nuffieldhealth.com)

### **IMPORTANT INFORMATION:**

**Please keep this leaflet for 30 days after your procedure**

**If you need to attend a hospital within 30 days of your procedure it is important you inform us as soon as possible using the contact number on the front of this document.**

Title: Gastroscopy without sedation post procedure advice  
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Issue Date: 09/2023  
Review Date: 09/2025



## Gastroscopy without sedation

### Post procedure advice for patients

#### What if I feel unwell at home?

If you have severe abdominal, chest or neck pain, pass large amounts of blood, have a fever or feel disoriented you **must** telephone for advice.

You may need to attend your local Accident and Emergency department with a copy of your procedure report.

If you were given Buscopan to relax your stomach during the procedure please telephone for advice if you experience painful eyes +/- redness, blurred / foggy vision, nausea / vomiting or problems passing urine.

#### Who do I telephone for advice?

The Holly Hospital switchboard	02085053311
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Cedar ward	02089361228
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**In an emergency call 999**

Gastroscopy Procedure		
<b>Procedure date:</b>		
<i>(Affix patient label)</i>		
<i>To be completed by discharge nurse &amp; discussed with the patient</i>		
	<b>Y</b>	<b>N</b>
Copy of the procedure report given to the patient		
Biopsies (tissue samples) were taken		
Polyps removed		
<b>Follow up information:</b>		
You will receive an outpatient clinic appointment		
Make an appointment to see your GP		
Wait for a letter from your consultant		
You will receive a follow up call		
Follow up call appointment date / time:		
<b>You will require a repeat surveillance procedure in:</b>	<i>(weeks/months/years)</i>	
<i>Please Note: The national guideline for a repeat procedure may change before you are recalled. You will be informed if the time interval changes.</i>		
Aftercare Advice:		
<b>When can I eat and drink?</b>	You have been given a local anaesthetic spray to numb the back of your throat. <b>You can eat and drink 30 mins. - 1 hr. after your procedure.</b>	
<b>Additional Instructions:</b>		
<b>When can I take my usual medicines / tablets?</b>	You may take your usual medicines later today and as normal tomorrow.	
<b>Special Instructions:</b>		

### When I am at home how will I feel?

It is usual to feel a little bloated for a few hours as air has been put into the stomach, moving around can help this pass naturally or drinking a warm drink, peppermint water or peppermint tea usually provides relief.

You may have a sore throat, which should improve in 24-48 hours. You can use lozenges to soothe your throat or paracetamol, if needed.

### **Additional Notes:**