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Information and Advice After Your Gastroscopy

Following your gastroscopy, it is advisable that you take things easy. The drugs that you received during the procedure can take several hours to completely wear off.

YOU SHOULD NOT (24 hours following your procedure):

- drive a car
- drink alcohol
- travel unescorted on public transport
- make important decisions or sign legal documents
- operate hazardous machinery
- partake in any strenuous activities such as sport.

IT IS ADVISABLE to have a responsible adult stay with you during this time.

Post gastroscopy, you may experience:

- belching for a brief period
- slight bloating of the stomach caused by air introduced during the procedure
- numb throat from local anaesthetic spray used prior to the gastroscopy

Complications are rare but include:

- difficulty in swallowing
- shortness of breath
- persistent or increasing chest or abdominal pain/discomfort
- vomiting of blood

You may have a normal diet and fluids post procedure as tolerated. Allow at least one hour post procedure for a hot drink if you have had your throat sprayed with local anaesthetic.