



Hawkesbury

SPECIALIST GROUP

Dear Patient

Gastroscopy is an examination of your upper gastrointestinal tract, which examines your gullet to the first part of your small bowel. It requires a short period of sedation, biopsy of the lining of your stomach, small bowel and where indicated, your gullet.

You need to be fasted for 4 hours prior. This means no food/fluid, including water.

The main risks are:

- Aspiration – your saliva may enter your lungs and cause pneumonia
- Perforation

Patient Instructions after an Upper GI Endoscopy

You may feel bloated after the procedure. This is from air introduced during the examination and should go away quickly. Your throat may be slightly sore but this will wear off. You can resume eating a normal diet unless the doctor today advises otherwise.

Sedation will affect your judgment for about 24 hour. For your own safety and in some cases legally:

- Do not drink alcohol, smoke, drive, operate machinery or sign any legally binding documents for the full 24 hour.
- Do not do activities that require coordination or balance for 24 hours
- You must have someone to take you home and stay with you overnight
- It is advisable that you rest for the remainder of the day, giving yourself time to recover from the procedure. The following day you can return to your normal activities.

Seek Medical Advice from your GP or the Hospital if you notice any of the following:

- Have trouble swallowing
- Sharp pain in the throat, chest or stomach or begin vomiting with or without blood
- Have a high temperature or fever >38oC
- Have redness, pain or swelling for more than 48 hours where you had the injection for sedation (hand or arm)
- Any symptoms that you think is related to today's procedure and is causing you serious concern

If you have any questions regarding the above instructions, please call your GP or hospital.