Royal Berkshire
NHS Foundation Trust

Gastroscopy with sedation aftercare advice

Today you have had a gastroscopy – an examination of your gullet and stomach. You are unlikely to have any serious side effects but please be aware of the following information and advice.

What to expect after your procedure

- Your throat may feel slightly sore for a few hours.
- You may feel drowsy for several hours.
- You may feel a little bloated if some air used in the procedure has been left inside. These things will pass and there is no need for any medication.
- Please be aware that:
- You must **not** drive for 24 hours.
- You must **not** operate machinery, drink alcohol or sign any legal documents until the next day.
- You may eat and drink normally **one hour** following the procedure.

Serious side effects from this procedure are very uncommon: however, if you have any problems with:

- A persistent sore throat
- Worsening chest pain or
- Abdominal pain

Please contact your GP immediately, informing them that you had a gastroscopy.

Contact information

Up to 7 days after your procedure, contact the Endoscopy Unit (Mon-Fri 9am – 5pm) on 0118 322 7458 / 7459. Out of hours and weekends, ring Sidmouth Ward on 0118 322 7467 / 7468.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Endoscopy Unit Survey