

# Gastroscopy with sedation aftercare advice

## Introduction

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

- You may feel drowsy for several hours.
- Your throat may feel slightly sore for a few hours.
- You may also 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.

- You must not drive for 24 hours.
- You may eat and drink normally one hour following the procedure.
- You must not operate machinery, drink alcohol or sign any legal documents until the next day.

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

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

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

## Contact information – up to 48 hours after your procedure

- Contact the Endoscopy Unit during office hours (9:00am-5:00pm) on telephone number 0118 322 7458 / 7459.
- Out of office hours and at weekends, please ring Sidmouth Ward on 0118 322 7469.

## Further information

More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

Endoscopy Unit

Reviewed: October 2018

Review due: October 2020