St George's University Hospitals
NHS Foundation Trust

Gastroscopy and Flexible Sigmoidoscopy Discharge Information

After Your Procedure: Immediate Advice

☐ Throat Spray Used

- Throat spray normally wears off within 30 minutes but may take up to 2 hours. As you have also had a flexible sigmoidoscopy, the effects may already have worn off.
- Do not eat or drink until at least 30 minutes after the spray was given. Take a sip of cool water first. If you can swallow normally, you may eat and drink. If you cough or have difficulty swallowing, wait another 30 minutes before trying again.

☐ No Sedation OR Entonox (Gas and Air) Only

- You may leave the unit unaccompanied.

☐ Sedation Received

- You must have a responsible adult to escort you home and stay with you for at least **12 hours.**
- Sedation may remain in your body for up to **24 hours.**
- Your coordination and concentration may be impaired, and you may feel lightheaded or drowsy.

Activity Restrictions for 24 hours

- Do not drive or ride a bicycle
- Do not operate machinery
- Avoid activities requiring full concentration
- Avoid important decisions / signing legal documents
- Avoid online shopping or social media use

☐ Fentanyl Only (No Midazolam)

- If you have an escort, they must stay with you for at least 2 hours after leaving the unit.
- If you do not have an escort, you will remain in the Endoscopy Unit for 3 hours before discharge.
- You are advised to travel home by taxi, if unescorted.
- After Fentanyl/Pethidine your judgment and reaction times may still be affected.
- We recommend you avoid driving and riding a bicycle for 24 hours.

Eating and Drinking

- As soon as the effect from the throat spray have worn off, you can eat and drink as normal after your procedure unless otherwise advised.
- If you feel bloated or nauseous, you may wish to start with a light diet.

Bowel Movements

- If you had an enema, your bowel should return to normal after the procedure.
- If you had a full bowel preparation regime, your bowels may take a day or two to return to normal after the procedure.

When Can I Return to My Normal Activities

- You can usually resume normal activity today, unless you received sedation or Fentanyl, in which case it should be resumed tomorrow.

If You Have Had Biopsies Taken or Polyps Removed Yes ☐ No ☐

- Routine results are usually available within up to 6 weeks.
- Results will be sent to your GP and referring clinician. Please do not contact the endoscopy unit for results.
- Urgent results are usually available within 2 weeks and an appointment will be arranged by the specialist team in charge of your care to discuss these results.

What To Expect After Your Procedure

Common Side Effects

- **Sore throat:** It's normal to experience a mild sore throat for up to 48 hours following the procedure, simple lozenges will help.
- **Bloating and cramping:** You may feel bloated or have mild abdominal (tummy) discomfort which in normal and should improve quickly. Sitting upright, walking around, drinking warm fluids or peppermint tea, can help pass the wind. You may take simple pain-relieving tablets (e.g. paracetamol) as needed.
- **Bleeding from your bottom or in your poo, after flexible sigmoidoscopy**
  - A small amount of bleeding is normal, particularly if polyps have been removed.
  - This may occur within the first 24 hours but can occasionally happen for up to 2 weeks.

When To Seek Urgent Medical Attention

Go to your nearest Emergency Department or call 999 immediately if, within the first two weeks after your procedure, you develop:

- Severe or worsening abdominal, neck or chest pain
- Heavy bleeding (more than 1 egg cup full) or blood clots from your back passage
- Vomiting blood or 'coffee-ground' material
- Fever (above 38 °C), chills or shivering
- Difficulty breathing / Shortness of breath
- Persistent nausea or vomiting
- Feeling faint or unwell

Do not drive yourself to hospital.
Take your endoscopy report with you if possible.

Please let us know
If you attend any Emergency Department (including another hospital), please inform the St George's Endoscopy Unit during working hours.

Emergency Contact Numbers

Monday to Friday, 8.30am to 6pm
☎ Endoscopy Nurse in Charge
020 8725 1491 / 2310

Evenings, weekends & bank holidays
☎ Ward Nurse
020 8725 5159

These numbers are for **urgent concerns only**. Staff will not be able to assist with you with queries about results or appointments.

√	**Additional instructions (if applicable)**
	Advised not to fly for 2 weeks following the procedure
	Anticoagulants / Antiplatelet medication (blood thinners) Please restart your medication on:
	Prescription if required: Please pick up your prescription from: ☐ GP ☐ Hospital Pharmacy (Ground floor, Lanesborough Wing)
	Blood tests have been taken and the results will be sent to the specialist team in charge of your care. These will be discussed with you at your appointment with them.
	Scans will be arranged for you: ☐ CT Scan ☐ CT Colonography ☐ MRI ☐ Other
	Repeat Endoscopy: _____ An appointment will be arranged in: _____ If you have not received an appointment in the time frame above, please contact our booking team on 020 8725 1913, Monday to Friday 8.30am to 3pm. ☐ Bowel prep and instructions provided ☐ Sent in post (if applicable)

For general enquires, contact the Endoscopy Unit: Monday to Friday 8.30am to 3pm on 020 8715 1913.

Tell us about your Endoscopy visit

Please scan this QR code to complete our short anonymous patient experience survey.