St George's University Hospitals
NHS Foundation Trust

TNE to Gastroscopy Discharge Information

After Your Procedure: Immediate Advice

Nasal & Throat Spray

- A local anaesthetic spray has been used to numb your throat during the procedure. This will normally wear off in 30 minutes but may take up to 2 hours.
- Therefore, **Do Not Eat or Drink** for 30 minutes after the procedure.
- You can take a sip of cool water at _____. If you can swallow normally, you may commence a normal diet. If you cough or have difficulty in swallowing, please do not drink or eat for another 30 minutes. Repeat this process until you can swallow normally.
- You can return to your normal activities shortly after the procedure.

DO NOT BLOW YOUR NOSE for one hour after the procedure. **Yes** ☐ **No** ☐

If You Have Had Entonox (Gas and Air) Yes ☐ No ☐

- You can return to your normal activities shortly after the procedure.

Eating and Drinking

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

If You Have Had Biopsies Taken 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 mild abdominal discomfort**
  - You may feel bloated or have mild abdominal (tummy) discomfort from the remaining air in your stomach, this is 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.

- **Mild headache**
  - The nasal spray may cause a mild headache, simple analgesia such as paracetamol can be taken according to the manufacturer's guidelines, if required.

- **Nosebleed (if applicable)**
  - If you develop a **nosebleed**, lean forward and apply pressure to the soft part of your nose for 10 to 15 minutes. If you have had a nosebleed, avoid hot drinks and hot baths for 3 to 4 days. If you have ongoing minor bleeding or repeated episodes over the next 1 to 2 days, please contact the Endoscopy Unit or your GP.

When To Seek Urgent Medical Attention

Go to your nearest Emergency Department or call 999 immediately if, within the first 24 hours after your procedure, you develop:

- Persistent nosebleed
- Bleeding is heavy or rapidly filling the mouth/throat
- Fever (>38°C) / Chills / Rigors
- Severe or worsening abdominal, neck or chest pain
- Persistent nausea or vomiting
- Vomiting blood or 'coffee ground' material
- Black, sticky tar-like poo
- Difficulty breathing / Shortness of breath
- Fainting / Collapse

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)**
	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 ☐ Barium Swallow ☐ 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.

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.