

If you have any other problems or queries about your test,  
please telephone the Endoscopy Unit on:-

Tel: 01634 825027 or 01634 825028

Opening Hours:  
Monday -Friday: 8.00am to 5.30pm

However if you need urgent advice out of these hours please  
contact:

Medway Maritime Hospital by telephone on  
01634-830000 and ask for the Sunderland Day Case Unit on  
Ext.5601

## **Sunderland Day Case Centre Endoscopy Unit**

# **Discharge Advice After your Gastroscopy (without Sedation)**

Endoscopy Unit  
Sunderland Day Case Centre  
Medway NHS Foundation Trust  
Windmill Road  
Gillingham  
Kent ME7 5NY  
01634 830000

PIL00001221-2

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[www.medway.nhs.uk](http://www.medway.nhs.uk)

## **After your Gastroscopy**

You have just had a procedure called a Gastroscopy. As it was carried out with local anaesthetic spray only to your throat you can leave the Unit immediately, without an escort.

### **Eating and Drinking**

You can eat and drink half an hour after your procedure.

**Therefore you can drink at .....**

We advise you to have a glass of water first.

You can take your normal prescription medicines as soon as you are able to drink safely. However please discuss this with the ward staff before leaving the unit.

## **After Effects**

You may experience a feeling of abdominal bloating and / or wind-like pains.

By taking warm drinks and moving around, this will pass quickly. You can take ordinary pain relief at home if necessary. Please follow the instructions carefully.

You may experience a sore throat for a few days after your procedure. This can be relieved by sucking lozenges for a sore throat.

## **Aftercare**

A report will be sent to your GP within the next few days. Any specimens that were taken will need to be reported on by the laboratory, which takes approximately 10 –14 days. The results of any specimens taken are not sent back to the Endoscopy Unit , so please do not telephone us to find out results.

The results will be sent directly to your consultant and forwarded to your GP.