

# After a Gastroscopy

Royal Columbian Hospital ♦ Eagle Ridge Hospital

## Caring for yourself at home

- After you return home, rest for the remainder of the day.
- You might have some belching, cramping and a feeling of fullness in your stomach. This is normal.
- You might have a sore throat, tickling in your throat, or a dry cough for 1 or 2 days. Try sucking on lozenges or gargling with warm salt water.

**You received a topical spray to numb the back of your throat.**

Do not eat, drink or chew gum for 1 hour after your procedure. Once the numbness wears off, it is safe to eat and drink.

**You received sedative medication.**

Someone should stay with you for the next 12 to 24 hours. You could feel drowsy for the next 24 hours.

Even if you do not feel drowsy, for the next 24 hours:

- ✗ **Do not** drive or operate machinery.
- ✗ **Do not** drink alcohol.
- ✗ **Do not** sign any legal documents or make any important decisions.

## Results

- You have a hiatus hernia.**
- You have an ulcer.**
- You have inflammation/irritation** of your esophagus called esophagitis.
- Your esophagus was dilated.**
- Esophageal bands were applied.**
- You have** \_\_\_\_\_
- Biopsies were taken.**

\* See page 2 \*

## Follow up

- No follow up** with the GI doctor is needed.
- See the GI doctor** in \_\_\_\_\_ weeks.

## Medications

- The doctor has given you a prescription** for an antacid medication. Please fill the prescription and take the medication as directed.
- If taking a blood thinner** (anticoagulant): Restart this medicine on \_\_\_\_\_

## Go to the nearest Emergency Department if you have any of the following:

- chills or fever over 38.5 C (101.3 F)
- trouble swallowing
- trouble breathing
- throwing up (vomiting) that does not go away after 6 hours
- chest pain
- stomach pain that gets worse or does not get better over time
- black or tarry stools (poop)

New Westminster GI Clinic

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[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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