

After a Gastroscopy

Royal Columbian 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) | - throwing up (vomiting) that does not go away after 6 hours | - stomach pain that gets worse or does not get better in time |
| - trouble swallowing | - chest pain | - black or tarry stools (poop) |
| - trouble breathing | | |

New Westminster GI Clinic

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www.fraserhealth.ca

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

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To order: patienteduc.fraserhealth.ca

