

## Endoscopy Units

# Discharge Information Following Oesophago Gastro Duodenoscopy (OGD/Gastroscopy) with Oesophageal Dilatation or Banding of Varices

### Calderdale Royal Hospital



Tel: 01422 223933 / 223920

### Huddersfield Royal Infirmary



Tel: 01484 342436 / 355877

**You have had IV sedation (or throat spray and sedation) therefore you must:**

- Have a responsible adult to care for you at home for 24 hours
- Have plenty of rest at home as the sedative can make you feel lethargic and tired

**You must not:**

- Drive a vehicle or motorcycle
- Drink alcohol, take recreational drugs or sleeping tablets
- Operate machinery or household equipment (kettle /cooker)
- Sign any legal documents
- Look after young children and dependents

**You have had throat spray at \_\_\_\_\_**

- **You must not have anything to eat and drink for 30 minutes.** After this time try a small sip of water, if this does not make you cough or gag you can eat and drink normally.

If you do have coughing and gagging please wait a further 10-15 minutes and try again.

## After your procedure you may experience:

- Sore throat that may last for 24-48 hours, this should be mild and settle quickly. Simple lozenges will help.
- You may have some bloating or stomach cramps or a feeling of fullness due to the air we put in during the test. This will get better over several hours.

## Things to watch out for:

- Severe pain in the neck, chest or abdomen
- Your bowel motions start to turn black
- Fever
- Vomiting

## If you develop any of the above please seek medical advice from:

- **GP** in working hours
- **111** out of hours or for urgent advice the nearest **A&E** department

Calderdale A&E Tel: 01422 222325      Huddersfield A&E Tel: 01484 342396

## If you attend A&E please take a copy of the report with you.

**Follow up:** Dependent on the nature of the finding you may need further investigations, these will be arranged by your referring clinician.

Repeat procedure: Yes in \_\_\_\_\_ weeks/months      No

Restart medication: \_\_\_\_\_ Date: \_\_\_\_\_

## Diet:

You should take a soft diet only (puree consistency) for example; soups, yogurts, ice cream, mashed potato for 24 hours and gradually introduce your normal diet as you feel able unless otherwise advised by endoscopist.

## Drinks:

Please drink cold drinks only for first 24 hours and then build up to warm and then hot drinks as tolerated.

Copy of the report given and explained      Yes       No

## PALS

(Patient Advice and Complaints Service)

The office is open 9am-5pm Monday to Friday

Email: [patientadvice@cht.nhs.uk](mailto:patientadvice@cht.nhs.uk) or Telephone 0800 013 0018

## Patient satisfaction survey

Please help us improve our service by completing the patient feedback survey

We value all patient feedback



**If you have any comments about this leaflet or the service you have received you can contact the Unit Manager at the Endoscopy Unit you attended.**

Calderdale Royal Hospital  
Telephone (01422) 223920

Huddersfield Royal Infirmary  
Telephone (01484) 342436

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

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"