

After Gastroscopy

If you had sedation . . .

- You must have someone take you home. Rest for the day.
- Do not drive, operate machinery, drink wine, beer or alcohol or make major decisions for 24 hours.

For all patients . . .

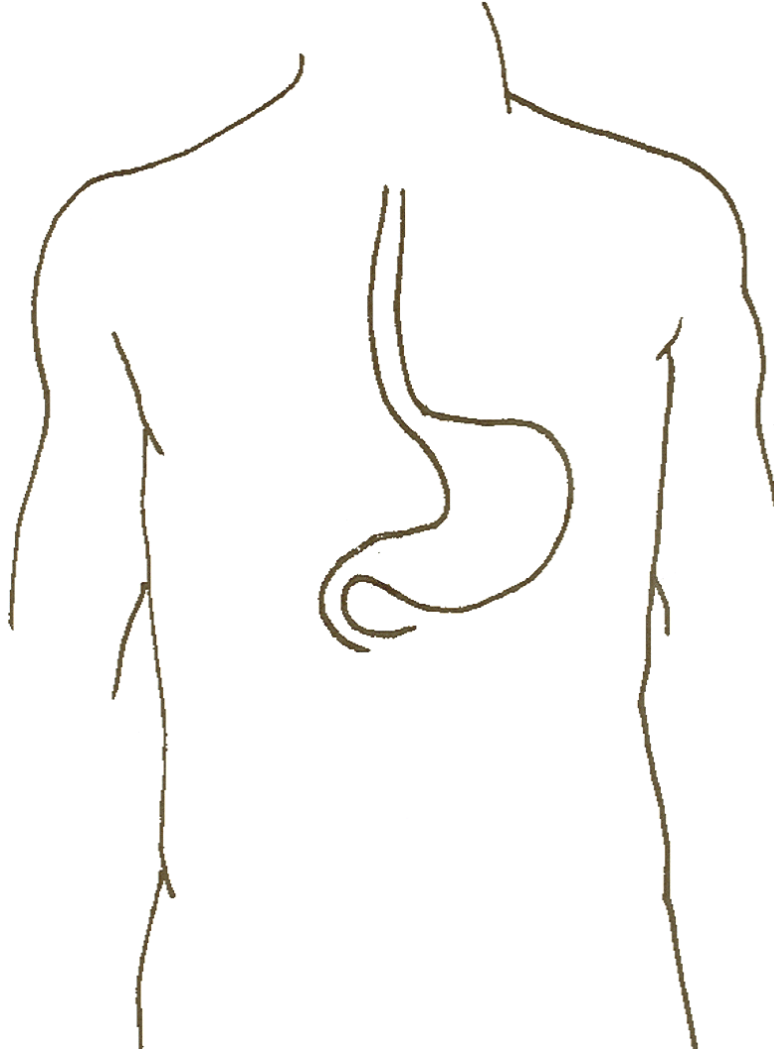
- If your throat had freezing spray or gel, you cannot eat or drink for about ½ to 1 hour. **You must wait until the feeling returns to your throat. Do not eat or drink until _____ am pm.**
- You can then return to your normal diet at home unless you have been given other instructions.
- You may have a sore throat, sound hoarse, feel a tickle in your throat or have a dry cough for a few days. You can use lozenges or gargle with warm salt water when needed.
- You may feel full or have cramps from the gas. You will feel this come out the rest of the day. Move around to help gas come out.
- Your doctor may or may not give you the results after the procedure. Most people need to book an appointment with the doctor after the procedure.
- If you had a biopsy done, you will need to make an appointment to see your doctor. The results can take up to 10 days.
- Contact your doctor's office on: _____ or sooner if you need to.
- **Doctor's name:** _____ **Telephone:** _____

At home, contact your doctor if you have any new or severe problem such as:

- fever or vomiting
- trouble swallowing
- trouble breathing
- chest or abdominal pain
- blood in your stool

turn over →

Your doctor may use this picture to show you what he or she saw.



Other instructions:
