

# Advice after upper GI endoscopic therapy/ treatment

## Endoscopy Department

### Information for Patients

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## When can I eat or drink after my procedure?

You must not eat or drink anything for 45 minutes after having a local anaesthetic throat spray. This is because your throat will be numb and there is a risk of you choking. Depending on the procedure performed, some patients may not be able to eat and drink for 2 hours after the procedure.

We will give you something to eat and drink before discharge. You can then continue to eat only soft or liquidised food (no biscuits or toast) for up to 3 days (72 hours). Solid food may get stuck in your gullet (oesophagus) until any swelling or bruising has gone down. This often goes down after 2 days (48 hours). Avoid chunks of meat or pieces of bread to begin with. Cut or minced food is best. You should chew this well.

**Do not eat or drink until:** .....

**Do not eat solid food until:** .....

## If you have had sedative medicine:

### For 12 hours you should:

- be accompanied by a responsible adult.

### For 24 hours:

- do not drive a car or ride a bicycle.
- do not drink alcohol.
- do not operate any machinery or do anything needing skill or judgement.
- do not make important decisions or sign any documents.
- do not climb ladders.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

- do not return to work until after this period of time.

## General advice

- Go home and rest.
- Small amounts of blood thrown up are not of concern.
- If you have had treatment by endoscopic injection, you may have pain when swallowing. This should improve over 1 to 2 days. If it gets worse, or you have long lasting pain, seek medical help.
- Stomach pain and swelling is often caused by trapped air.
- Mild chest pain or mild upper abdominal pain is not a concern.

## When to seek help

You may have bad pain if there is a tear (perforation). You should contact the Endoscopy Department where your procedure was carried out, if you have any of the following:

- Bad and long lasting sudden chest or tummy (abdominal) pain
- Heavy bleeding
- Vomiting blood
- Jet black poo (stool)

If the department is closed, contact your GP for advice. If both are not available and you have heavy bleeding and/ or severe pain, go to the Emergency Department or call the NHS helpline on **111** for an ambulance.

We will give you a copy of your endoscopy report in case you need to go to the Emergency Department. You should take this copy with you.

## Endoscopy Department contact details

Endoscopy Department can be contacted Monday to Sunday, 8am to 6pm:

Leicester General Hospital: **0116 258 4183**

Leicester Royal Infirmary: **0116 258 6997**

Glenfield Hospital: **0116 258 3130**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)