

# Advice after a transoesophageal echocardiogram (TOE) scan of your heart

Endoscopy Department

Information for Patients

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## 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.
- drink alcohol.
- operate any machinery or do anything which needs skill or judgement.
- make important decisions or sign any documents.
- climb ladders.
- return to work until after this period of time.

## General advice

- Go home and rest.
- You must not eat and drink anything for 45 minutes after the local anaesthetic throat spray because your throat will be numb and there is a risk of choking.

### Therefore do not eat or drink until.....

- The back of your throat may feel sore for the rest of the day.
- If you have any concerns, please contact your GP or the Endoscopy Department you attended.

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

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

**Endoscopy Department contact details**

Leicester General Hospital:	0116 258 4357
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130 or 0116 258 3166
Hinckley and District Hospital:	01455 441970
Loughborough Hospital:	01509 564402
Melton Mowbray Hospital:	01664 854904
St Luke's Hospital Market Harborough:	01858 448344

If the department is closed and your GP is unavailable please contact the NHS helpline on 111.

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 ਵਿਚ 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 [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)