

Post Procedure Advice following a Transnasal Endoscopy

What to do/ expect after the procedure if you had sedation

Following your examination today you are advised to go home and rest.

If your procedure was carried out with a conscious sedative injection or general anaesthetic, it is important for the next 24 hours **you do not:**

- Drive a car/motorbike or ride a bicycle**
- Operate any domestic appliances or machinery**
- Look after young children alone**
- Sign any legal documents**
- Drink alcohol**
- Take sleeping tablets**

One of the effects of sedation is that you may not remember having the procedure, this is normal.

A responsible adult should stay with you for 12 hours following your procedure if you have been given sedation.

What to do/ expect after the procedure

You will need a good few burps to bring up the air.

You should not blow your nose hard for 2-4 hours to help prevent any bleeding. It is ok to wipe your nose with a tissue/handkerchief.

As the procedure involves passing an endoscope through the gullet, you may experience sore throat for about 24–48 hours. This can usually be relieved with cold drinks or ice to suck.

Eating and Drinking

You will have been offered a drink following transnasal endoscopy prior to your discharge home.

After this time, you can resume your normal diet as you feel able.

Medication

All medication is to be taken as normal after the procedure, unless otherwise directed.

Pain relieving tablets, such as the type you would take for a headache, may be taken at home as per the manufacturer's instructions.

Work

If you have not had sedation, you may continue as normal.

When to seek help/advice

Serious side effects are rare however if any of the following occur within 48 hours after your, stent insertion consult a doctor immediately:

Chest pains
Difficulty breathing
Fever
Severe abdominal pain
Severe Bloating

If you should notice signs of excessive bleeding such as:

Coughing up large amounts of blood
Vomiting blood
Passing a lot of blood from your back passage/ bowel motions turn black

A small amount of bleeding can occur following biopsies and should not be a cause for concern.

Conquest Hospital contact numbers:

Endoscopy Unit 0300 131 5297 - Monday-Friday 08:00-18:00hrs (except bank holidays) Sat 08:00-18:00hrs
Outside of these hours contact Wellington ward 0300 131 5076.

Eastbourne District General Hospital contact numbers:

Endoscopy Unit 0300 131 4595 Ext: 4215 Monday-Saturday 08:00-18:00hrs (except bank holidays)
Outside of these hours contact Cuckmere ward 0300 131 4500 Ext: 770548.

Alternatively, after 18:00hrs and at weekends please contact your GP, attend your nearest Accident and Emergency Department or ring NHS 111.

Sources of information

Discharge Information Following your Transnasal Endoscopy - Barking, Havering and Redbridge University Hospitals

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask. Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Gastroenterologist Dr Sergio Coda Barking, Havering, and Redbridge University Hospitals

Next review date: November 2023

Responsible clinician/author: JAG Lead Nurse T. Holmes-Ling

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Endoscopy Discharge Report:

- You will be sent an outpatient appointment.
 - You will be sent an appointment for a CT Scan / MRI.
 - You will be sent an appointment to have this procedure again in approximately..... weeks.
 - Biopsies have been taken which will take approximatelyweeks to be analysed by the histopathology department. Results will be sent to your Consultant who will contact you or arrange a follow up appointment.
 - Polyps have been removed which will take approximately.....weeks to be analysed by the histopathology department. Results will be sent to your Consultant who will contact you or arrange a follow up appointment.
 - You have been referred to a Clinical Nurse Specialist
 - You have been given an information leaflet.
 - Patient information following your Endoscopy Procedure can be found at:
NHS Health A-Z - <https://www.nhs.uk/conditions/>
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- You have been spoken to by an endoscopist/nurse regarding the results of your procedure.
 - You can begin to eat and drink as normal from.....

If you have any further questions please ask a member of the nursing staff who will be happy to explain anything you are unclear about.

Completed by:

Print Name: Designation:

Signature: Date: