

## Post Procedure Advice following a Gastroscopy (OGD) and Colonoscopy

### How will I feel after the procedure?

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

You can eat a light diet and drink as normal and take your usual medication.

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.

### How will I feel after the procedure?

The back of your throat may feel sore for the rest of the day because of the gastroscopy.

If a polyp or biopsy was taken a small amount of blood may be present when you have your bowels open, this is normal.

You may feel a little bloated for the rest of the day due to the air put into your bowel and stomach during the procedures, to help relieve this feeling try sitting up, walking around and taking warm drinks and peppermints. Make sure you drink plenty of fluids.

If your procedure was carried out with sedation you may feel sleepy for the remainder of the day.

### When to seek help/advice

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

**Chest pains**  
**Difficulty breathing**  
**Severe Bloating**  
**Trouble swallowing**

**Vomiting blood**  
**Severe abdominal pain**  
**Fever**

**Passing a lot of blood from your back passage/ bowel motions turn black**

## Conquest Hospital contact numbers:

Conquest Endoscopy Unit 0300 131 5297 - Monday-Friday 08:00-18:00hrs Sat 08:00-18:00hrs (closed bank holidays)

Outside of these hours contact Wellington ward 0300 131 5076.

Main hospital switchboard 0300 131 4500

## Eastbourne District General Hospital contact numbers:

Eastbourne Endoscopy Unit 0300 131 4595 Monday-Saturday 08:00-18:00hrs (closed 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.

Main hospital switchboard 0300 131 4500

## Sources of information

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

## 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](mailto: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](mailto: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.

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## Reference

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

Consultant: Mrs A. Morris Endoscopy Clinical Lead

The directorate group that have agreed this patient information leaflet:

Medicine Division

Next review date: February 2026

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 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.
- 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: .....