



## **Information and advice after your Gastroscopy**

Following your gastroscopy it is advisable that you take things easy. The drugs that you receive during the test can take several hours to completely wear off.

You should not:

- Drive a car
- Drink alcohol
- Travel unescorted on public transport
- Make important decisions or sign legal documents
- Operate hazardous machinery
- Participate in any strenuous activities such as sport
- It is advisable that you organise for a responsible adult to stay with you during this time

Complications are extremely rare. You may experience:

- Belching for a brief period
- Slight bloating of the stomach caused by air introduced during the examination
- Numbness in throat due to local anaesthetic spray used prior to the gastroscopy

Normal diet and fluids may be taken after your surgery. Allow at least one hour after your surgery before a hot drink, if you have had your throat sprayed with local anaesthetic during the surgery.

Rare problems may include:

- Difficulty in swallowing
- Shortness of breath
- Persistent or increasing chest or abdominal pains
- Vomiting of blood

If you have any problems or concerns related to your procedure please contact your doctor, or your nearest Emergency Department.