

# Gastroscopy and Insertion of Oesophageal Stent with Sedation

## Patient Discharge Information

Endoscopy Department



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## **Patient discharge information for gastroscopy and insertion of oesophageal stent procedure with sedation**

The sedation drugs can remain in your system and have effects up to 24 hours after your procedure. Although you may feel awake, these drugs can impair your judgement, balance and reaction times. For this reason, we will ensure that you have a responsible adult to take you home after your procedure and look after you for the next 24 hours.

### **For the next 24 hours you MUST NOT:**

- Drive your car. Your insurer will not cover you for this period following sedation.
- Operate machinery (including any potentially hazardous kitchen appliances).
- Climb ladders.
- Sign any legally binding documents.
- Drink alcohol. Alcohol will increase the effect of any sedative remaining in your body.

### **For the next 24 hours you MUST:**

- Rest for the whole day and avoid strenuous activity.
- Take your medications as normal unless you have been told otherwise.
- Have someone with you in case of any problem arising from the effects of sedation.
- Have someone to help you if you care for children or elderly sick relatives.

You will be asked to keep to a liquid diet for the rest of the day after your discharge and can start having soft/sloppy diet the following day. It is not unusual to have some wind and mild cramps after the procedure. Some patients develop discomfort behind the breastbone or a burning sensation on swallowing which can last for a few days. It is safe to take simple painkillers for this.

**If you suffer with any of the following, please contact us for advice straight away:**

- Severe abdominal or chest pains
- A firm or swollen abdomen
- Develop chills or a fever
- Persistent vomiting
- Difficulty breathing
- Vomiting blood

**Contact details:**

- **Working hours 8:00 am to 5:00 pm – Endoscopy Unit on 01942 264236**
- **Out of working hours 5:00 pm to 8:00 am - Shevington Ward on 01942 822597**
- **In case of difficulty – go to Accident and Emergency (01942 822441)**

You have been discharged back to GP care

Appointment date ..... Time .....

You will be sent an appointment for Mr / Dr ..... in the post

You will receive appointments for further investigations

You will require another procedure in .....

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
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Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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