



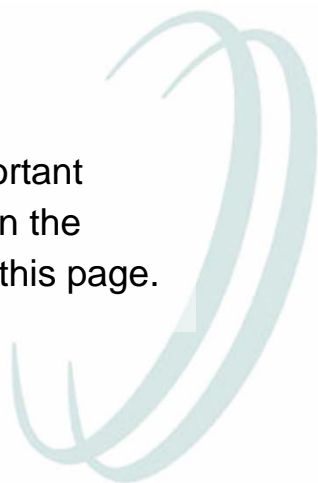
## After your OGD / Gastroscopy

### Introduction

This information is a reminder of information that you should have already received. It is for people who have just had an OGD / Gastroscopy test.

It can be made available on request in alternative formats and in other languages to meet the needs of those who are not fluent in English.

There is important information on the other side of this page.



### What happens after my test?

You can rest for as long as you need. If you have not had a sedative, you will be able to go home or back to work straight after the test if you wish.

If you have had throat spray, you should not eat or drink for some time after the procedure because your swallow reflex will still be numb. We will advise you how long this is for you.

If you have had sedation, you will need someone to stay with you over night as you will still be drowsy with the sedative. This drowsiness can 'come and go'.

This drowsiness means you **must not**:

- Drive a car (or any motorized transport) or ride a bicycle
- Operate machinery or electrical items
- Drink alcohol or smoke
- Take sleeping tablets
- Sign any legally binding documents or make important decisions
- Work at heights (including climbing ladders or onto a chair)
- Lock the toilet door or make yourself unreachable to the person looking after you
- Look after children on your own.

Most people feel back to normal after 24 hours.

## Aftercare

If any of the following happen within 48 hours after your OGD, you need to seek help from a doctor straightaway:

- chest or abdominal/tummy pain that becomes more severe, and is different or more intense than any pains that you would 'usually' have
- breathing difficulties
- fever (raised temperature)
- vomiting blood.

Tell the doctor that you have had an OGD.

If you have a persistent sore throat, contact your GP and tell them you have had an OGD.

### **About this information**

This leaflet is for general information only and is not a substitute for professional medical advice. Every effort is taken to ensure that this information is accurate and consistent with current knowledge and practice at the time of publication.

It was developed using Southern Health & Social Care Trust information by Ms Seanin Ward. It was reviewed and adapted by the N Ireland Nurse Endoscopists Group and then approved by the regional Modernising Endoscopy Services project team.