

# After Your Gastroscopy

## at Toronto General Hospital

- Banding
- Dilation

### Information for patients and families

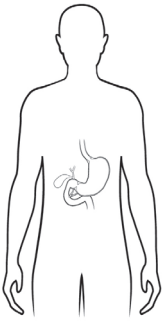
Read this booklet to learn:

- what we found
- follow-up care
- how to care for yourself when you get home
- what to expect
- what problems to look out for



# Gastroscopy

## What we found:



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## Follow-up care:

- family doctor
- \_\_\_\_\_ Clinic

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## Results and follow-up plan discussed:

- with patient
- with family

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Doctor's signature

## About your gastroscopy

During your gastroscopy, we inserted a scope (a tube with a camera at the end) into your esophagus, stomach and duodenum to check for any problems.



### When can I eat and drink?

If we spray your throat, **do not eat or drink anything for 2 hours after your gastroscopy.**

After this time, you can start with sips of water and cool liquids. Then have soft foods like pudding, soup and eggs. You can start eating regular foods as you feel better.

If we did not give you a throat spray, you can eat and drink right after the procedure is finished.

Your throat may feel a little sore for 24 to 48 hours. Using cough drops or gargling with warm salty water can help.

### For the first 24 hours after your procedure:

- Do not drink alcohol.
- Do not drive or use heavy machines.
- Do not make important decisions or sign any legal papers.
- Do not take any sedatives, tranquilizers, sleeping pills, or medicines that make you drowsy.

## **How do I expect to feel?**

The medicine you received during the procedure may stay in your body up to 24 hours. You may feel tired or sleepy and have difficulty concentrating. Once you get home, relax for the rest of the day.

You may have some bloating, stomach cramps, and a feeling of fullness because of the air we put in during the test. This will get better over several hours.



## **When can I return to normal activities?**

You can return to your normal activities 24 hours after your gastroscopy.



## **When can I start taking my regular medicines?**

You can start taking your regular medicines when you get home, unless your doctor gave you different instructions. Talk to your doctor before restarting blood thinners, anti-inflammatory or antiplatelets medicine.

## What problems should I watch for?



**Call your doctor or go to your nearest emergency department if you have:**

- fever
- vomiting
- weakness and dizziness
- blood in stools
- black or tar coloured stools
- shortness of breath
- severe chest pain
- stomach pain
- trouble swallowing or pain when you swallow

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