After Your Endoscopic Retrograde Cholangio-Pancreatography (ERCP)

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 watch for
ERCP
What we found:

Follow-up care:

☐ family doctor    ☐ ___________________________ Clinic

Results and follow-up plan discussed:

☐ with patient    ☐ with family

________________________
Doctor’s signature
What happened during ERCP?

During your ERCP, we inserted a scope (a tube with a camera at the end) into your esophagus, stomach and duodenum. We then examined your liver and pancreatic ducts using thin tubes, x-ray and an injecting contrast (dye).

If a gallstone was seen during the examination, the doctor did a procedure called **sphincterotomy** and either:

- removed the gallstones, or
- placed a stent (drainage tube) in the bile duct to allow it to drain

A sphincterotomy involves widening the opening of the bile duct.

When can I eat and drink?

We sprayed your throat so **do NOT eat or drink anything for 1 hour** after your ERCP. After 1 hour you can start having sips of water and cool liquids. Then have soft foods like pudding, soup, muffin or eggs. We recommend that you start eating regular foods the next morning after your ERCP.

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, tranquillizers, sleeping pills, or medicines that make you drowsy.
How can I expect to feel?
The medicine you received during the procedure may stay in your body for up to 24 hours. You may feel tired or sleepy and have trouble 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 ERCP.

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 anitplatelets medicine.

What problems should I watch for?

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

- severe stomach or chest pain
- fever
- blood in poo
- black or tar coloured poo
- shortness of breath
- weakness and dizziness
- vomiting

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