Advice following gastroscopy with local anaesthetic throat spray

Information and advice for patients

Endoscopy

You have had a gastroscopy with a local anaesthetic throat spray that contained medication called lidocaine to numb your throat.

Pain

You may experience a sore throat for the next 12 - 24 hours. You may also experience some mild tummy pain. You can take simple painkillers such as paracetamol for this if you think you need it. Follow the dosage instructions on the packet.

Eating and drinking

As you have had lidocaine to numb your throat, you may not be able to swallow safely for a short time after the procedure.

Therefore do not eat or drink for 1 hour after the procedure.

The nurse will tell you when you can have a cold drink. You can have a cold drink at _____. This will stimulate your swallowing reflex. After this you will be able to drink hot drinks and eat as normal.

Normal activities

You should be able to resume all of your normal activities straight away as long as you feel able to. This includes driving and going back to work.

Results

We will send a copy of your colonoscopy or sigmoidoscopy report to the doctor or nurse who referred you for the procedure.

We will also send a copy of this to your GP.

If your GP referred you for the procedure please make an appointment to see them.

Follow-up

You were referred for this appointment by: _____

A follow up appointment has been arranged for _____

_____

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Symptoms to report

Please contact us if you experience any of the following symptoms after this procedure:

- Breathing problems
- Severe pain in your tummy
- Passing a lot of blood or blood clots from your back passage
- Appearing pale
- Clammy skin (cold, moist skin)
- A temperature of 38ºC

Contact details

Please contact us on one of the following numbers if you have any questions or concerns:

Daytime

Sandwell Hospital Endoscopy Unit
0121 507 2488
8am - 6.30pm, Monday - Friday

City Hospital Endoscopy Unit
0121 507 5318
8am - 6.30pm Monday - Friday

Evening and weekends

Sandwell Hospital, Priory 5 Gastroenterology Ward 0121 507 3493
6.30pm - 8am, Monday - Friday and weekends

City Hospital, Ward D15 Gastroenterology Ward 0121 507 4405
6.30pm - 8am, Monday - Friday and weekends

You can also contact NHS Direct for advice on 0845 46 47.

They are available 24 hours a day, 7 days a week.

Further information

Further information about gastroenterological conditions can be found at:
http://www.corecharity.org.uk/archive/conditions

For more information about our hospitals and services please see our websites *www.swbh.nhs.uk* and *www.swbhengage.com*, follow us on Twitter *@SWBHnhs* and like us on Facebook *www.facebook.com/SWBHnhs*.

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Sources used for the information in this leaflet

- British Society of Gastroenterology, 'Guidelines on safety and sedation during endoscopic procedures', 2003
- Journal of Clinical Gastroenterology, 'Sedation, topical pharyngeal anaesthesia and cardiorespiratory safety during gastroscopy' 2006

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: **swb-tr.swbh-gm-patient-information@nhs.net**

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