



Colonoscopy and Gastroscopy

With lidocaine spray and sedation

Aftercare patient information

Dear

Date

You have had a Colonoscopy and Gastroscopy procedure performed by Dr/Mr/Miss

The sedative injection you have had may have a lasting effect. We therefore strongly advise you:

- **NOT TO DRIVE A CAR**
- **OPERATE MACHINERY**
- **NOT TO DRINK ALCOHOL**—FOR 24 HOURS FOLLOWING YOUR PROCEDURE

The sedation you have had may also impair your memory for the next 12–24 hours.

The Lidocaine anaesthetic spray to your throat can affect your swallowing and you should not eat or drink for at least one hour after your gastroscopy. At.....you should take a sip of cold water and if you can swallow this safely then you may resume eating and drinking normally. If you still have difficulty swallowing, please wait another 30 minutes before trying a further sip of cold water.

You should rest quietly for the rest of the day. You may eat and drink normally and take any usual medications.

You may feel bloated with some wind like pains, but this will usually settle quite quickly. You may also suffer from a sore throat, but again, this will settle within 24–48 hours

You may also experience some discomfort in the area where the injection was given. If you do experience some discomfort this should only last 24 hours.

If you experience pain/difficulty when swallowing, recurrent vomiting or if you are at all worried please contact the unit on 020 8321 2585/5191 during the hours of 8:30am–5:30pm and ask to speak to one of the nurses.

Should you experience any problems overnight then please call 020 8560 2121 and ask to be transferred to the on-call gastroenterologist.

A full report of your investigation will be sent to your GP.

Yours Sincerely

NURSE IN CHARGE

*For any Outpatient appointment and biopsy results follow-up please call **Gastroenterology Clinic on 020 8321 5972 or 5352 or 5351.**