



# Gastroscopy

## with Lidocaine Spray

### Aftercare patient information

Dear

Date

You have had a Gastroscopy procedure performed by Dr/Mr/Ms.....

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 a bit bloated in the stomach, but this usually settles quite quickly. You may also suffer from a sore throat but again this will settle within 24–48 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.**