

After your Gastroscopy and Variceal Banding

You have had a gastroscopy and variceal banding, and are unlikely to suffer any serious after effects. You may have a sore throat, and you may experience a slight blood loss on coughing or blowing your nose.

In the unlikely event that you should experience any chest pain, shortness of breath, increased abdominal discomfort or significant bleeding, you should contact the Endoscopy Unit or your GP immediately.

Following your recovery period (not less than three hours), you would have been offered sips of water.

Please follow these instructions:

- You must only have luke-warm drinks or soup.
- After **six hours** you may start a soft diet.

Discharge home

You will be able to go home once a nurse has ensured you are ready to do so. The nurse will discuss any discharge advice and any future appointments with you.

Please remember that you have had sedation, so **for 24 hours:**

- Do not drive or use public transport, someone should be available to stay with you for 24 hours.
- Do not drink alcohol.
- Do not operate machinery.
- Do not sign any legal documents or make any important decisions.
- Do not take sleeping tablets on the same night as the procedure.
- Do not smoke for four hours, as your reactions will be much slower.
- Take care near the oven and kettle.



You are advised to rest for the remainder of the day.

You should be able to return to work after 24 hours.

Contact Details

If you need any further advice between the hours of 8am-6.30pm, (Monday-Friday), please contact the Endoscopy Unit where you have had your procedure done on the telephone numbers below:

Doncaster Royal Infirmary, Tel: 01302 381424

Bassetlaw Hospital, Tel: 01909 500990 Ext 2017

Alternatively, contact your General Practitioner. If you need urgent advice out of hours, please contact Accident & Emergency on the telephone numbers below:

Doncaster Royal Infirmary, Tel: 01302 366666 Ext. 3131

Bassetlaw Hospital, Tel: 01909 5002048/5002148

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk.

