

# After your Gastroscopy (without sedation)

You have had a Gastroscopy and are unlikely to have any serious side effects. You may have a sore throat, but this should only be slight and will pass quickly. On coughing and blowing your nose, you may experience a slight blood loss. This is nothing to worry about and should settle quickly.

## After the procedure

Do not have anything to eat or drink for **15 minutes** after the procedure. To begin with just have sips of cold water. You may then eat and drink normally.

## Contact Details

If you need any further advice between the hours of 8am - 6.30pm, 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**

**Montagu Hospital, Tel: 01709 321154**

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](mailto:pals.dbh@dbh.nhs.uk).

