

# After your Endoscopic Retrograde Cholangiopancreatography Procedure (ERCP)

## *Patient Information Leaflet*

---

Following an Endoscopic Retrograde Cholangiopancreatography (ECP) procedure you will spend time recovering on the ward before being discharged home. You will be offered a drink and food prior to discharge and should expect to begin your usual diet once you are home. During this time, it is normal to experience a sore throat, and you may also see some blood when coughing or blowing your nose.

In the unlikely event that you should experience any of the following:

- Severe pain in your abdomen
- Passing blood or a dark stool
- Persistent vomiting
- Vomiting blood
- Raised temperature over 38 degrees
- Chest pain/ neck stiffness

You should **contact the Endoscopy Unit or your GP immediately.**

## What about my medication?

When home, you can begin to take to medication as normal. If you are unsure about any of your medications, such as blood-thinning tablets, please speak to the nursing staff before you are discharged for further guidance.



# Discharge home

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

Once home, you are advised to rest for the remainder of the day but should be able to return to work after 24 hours.

If fluids are tolerated, you may eat and drink normally. But please take care around the kettle, oven and other kitchen equipment.

As you have had sedation during your procedure, over the next 24 hours, please:

- **Do not** drive or use public transport – please ensure a friend or relative is 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

## Key contacts

If you need any further advice between the hours of 8.00am-6.30pm, please contact the **Endoscopy Unit** on **01302 644170** or **01302 644171**. Alternatively, you can also contact your GP.

If you need urgent advice out of hours, please contact Accident & Emergency via the telephone on 01302 642339.

## Patient Advice & Liaison Service (PALS)

Our PALS team can offer advice or information on your patient experience and raise concerns where necessary. If you would like to visit in person, the PALS office is located the main foyer (Gate 4) of Doncaster Royal Infirmary.

You can also contact the team via telephone on **01302 642764** and **01302 642767**, or email **dbth.pal.dbh@nhs.net**

