

# Endoscopy & Endoscopic Mucosal Resection

## Discharge Information for patients

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### Upper Gastrointestinal Endoscopy and Endoscopic mucosal resection discharge information

#### Possible side effects you may experience:

**Abdominal discomfort:** You may feel a little bloated and have some wind-like pains because of the gas passed into your bowel during the procedure. This should settle within a few hours.

**Sore throat:** You may have a sore throat. This is quite normal and will pass within 24-48hrs. You may also have some pain or a hot feeling in your chest for up to 10 days, especially when eating or swallowing. If so, use soluble paracetamol (1g 2-3 times per day), use antacids (e.g. gaviscon or peptac) and eat soft or sloppy foods. **DO NOT USE Aspirin or Ibuprofen.**

#### Complications

Contact NHS 24 or A&E if you experience any of the following symptoms:

- Difficulty swallowing or worsening throat pain
- Severe pain in the neck, chest or abdomen
- Bringing up more than a small amount of blood
- Breathing difficulties
- High temperature, sweats or chills
- Passing blood (red or black) in your bowel movements
- Vomiting

Contact telephone numbers can be found overleaf.

#### Medication

To minimise symptoms, the risk of structuring and to promote healing, you should take the following for one month: Omeprazole 40mg twice daily or Lansoprazole 30mg twice daily or Esomeprazole 40mg once daily.

Your GP will prescribe this medication if you are not already taking one of these.

Please continue to take any regular medication unless otherwise advised.

#### Diet

You should have liquid diet (including soup) for 24hrs. Nothing too hot or too cold.

Followed by a soft, sloppy diet for the next 7 days.

## Discomfort at the injection site

If you had a cannula inserted, you may experience slight discomfort at the injection site. If this becomes increasingly red, tender or swollen, please seek advice from your GP.

## Sedation

Sedation makes you drowsy and can impair your reflexes and judgement. For 24 hours after you have had sedation:

Do not go to work	Do not drink alcohol
Do not sign any important documents	Do not drive or ride a bike
Avoid looking after young children	Take care in the bath or shower
Do not use any kind of machinery, including household appliances	Do not take sleeping tablets

We advise you to rest quietly with adult supervision for the rest of the day.

## Results

You should have already received a copy of your results, but a copy of the report will also be sent to your GP. If you had biopsies taken these results will be sent to you as soon as they are available. This can take several weeks. Your GP will also be sent a copy of your biopsy results. If you need to make an appointment with your GP regarding your results, please contact your health centre to ensure they have received them first.

## Follow up

- ☐ No further follow up required      ☐ Follow up with your GP      ☐ Follow up in clinic  
☐ A follow up procedure is required

You may need a follow up procedure, as part of a surveillance programme, to re assess any abnormalities found at your endoscopy. Your case will be reviewed by us 2 months before the procedure date. This will make sure it still needs to be done according to the most up-to-date guidelines.

If any changes are required following this review, you will be informed at that time.

## Any other relevant information


## Contact telephone numbers

Royal Infirmary of Edinburgh	0131 242 1600
NHS 24	111 Freephone
Accident and Emergency (Royal Infirmary of Edinburgh switchboard)	0131 536 1000