



Dr Anil Asthana

Dr Matvinder Singh

Dr Samuel Battaglia

Dr Kumanan Nalankilli

Dr Krishneel Dutt

Dr Leshni Pillay

Dr Ashok Raj

You must NOT (For the next 24 hours)

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| ☒ Drive a car (or any other motorised vehicle) or bicycle | ☒ Be the sole carer for infants and children |
| ☒ Walk home, take public transport or a taxi without an escort (this also includes ride share services such as uber) | ☒ Drink alcohol or take any mind-altering substances |
| ☒ Operate machinery or hazardous appliances | ☒ Engage in sports, heavy lifting or strenuous activities |
| | ☒ Do tasks which involve concentration or decision making |

You may feel

After a Gastroscopy

You may experience some temporary soreness of the throat, Lozenges or gargling will assist to relieve discomfort.

After a Colonoscopy

You should drink extra amounts of water when you get home as the preparation may have caused mild dehydration. If you have a headache this is often due to mild dehydration.

- Bowel habits may not return to normal for up to a week.
- There may be some increased wind, bloating or rumbling after the test, like a stitch. It was necessary to introduce air/carbon dioxide into the bowel during the examination to see all parts of the bowel effectively. At the end of the procedure, all air/carbon dioxide is sucked out but some symptoms may remain. Walking around helps, as does lying down on the right side.
- A mild painkiller, such as Panadol, may be taken if necessary for discomfort.
- There may be slight bleeding on the day or two afterwards, particularly if haemorrhoids were diagnosed or multiple polyps were removed.
- Resume all regular medications after the procedure. The doctor will provide any special instructions, if required.



Present to your nearest Emergency Department

Complications are rare, however, should any of the following symptoms develop, please contact the hospital or your GP immediately with a copy of your Endoscopy report:

- Severe or prolonged pain
- Heavy or prolonged bleeding
- Vomiting of blood
- Increased difficulty in swallowing
- Coughing or difficulty in breathing
- Fever within 24 hours

Advice for home

- Rest at home for the remainder of the day
- Wash your hands before removing the small dressing on your arm
- Eat normally unless otherwise instructed
- Resume your usual medication unless advised otherwise
- Although most patients recover rapidly from these tests, occasionally the effects of the drugs administered may take several hours to wear off
- You will be able to return to work the day following the procedure

Follow up:

- ☐ No routine follow up needed
- ☐ An email will be sent to you with your allocated review date
- ☐ Please arrange to see your GP in 2 weeks to discuss your biopsy results
- ☐ Other _____

Please note: A copy of your Endoscopy Report will be sent to your referring doctor.