

# Advice following a gastroscopy with sedation

Information and advice for patients

## Endoscopy

---

You have had a gastroscopy with sedation. This means you may feel drowsy for up to 24 hours. **You will need someone to take you home and stay with you for the next 12 hours.**

### Pain

You may experience a sore throat and some tummy pain for the next 12 - 24 hours. Taking simple painkillers such as paracetamol will help.

### Normal activities

For the next 24 hours it is important that you do not:

- operate machinery
- drive - it is illegal to drive under the influence of midazolam (a medication used for procedural sedation)
- drink alcohol
- sign any legal documents

### Results

We will send a copy of your gastroscopy report to the doctor or nurse who referred you for the procedure.

We will also send a copy of this to your GP.

If your GP referred you for the procedure please make an appointment to see them.

### Follow-up

You were referred for this appointment by:

---

**A follow up appointment has been arranged for**

---

## **Symptoms to report**

Please contact us if you experience any of the following symptoms after this procedure:

- Breathing problems
- Severe pain in your neck, chest or tummy
- Vomiting blood
- Appearing pale
- Clammy skin (cold, moist)
- A temperature of 38°C or more

## **Contact details**

Please contact us on one of the following numbers if you have any questions or concerns:

### **Daytime**

#### **Sandwell Health Campus**

Endoscopy Unit

Tel: 0121 507 2489

8am – 6.30pm Monday – Saturday

#### **Birmingham Treatment Centre**

City Health Campus

Endoscopy Unit

Tel: 0121 507 6450

8am – 6.30pm, Monday – Saturday

#### **MMUH Endoscopy Unit**

Tel: 0121 507 5800

8am – 6.30pm, Monday – Saturday

### **Evenings and weekends**

#### **Ward C8 Gastroenterology, MMUH**

Tel: 0121 507 3890 overnight 6.30pm- 8am Monday – Saturday and all day Sunday

You can also contact NHS 111 for advice.

They are available 24 hours a day, 7 days a week.

## Further information

### Guts UK

For patients: Conditions

<https://gutscharity.org.uk/advice-and-information/conditions/>

(Websites accessed 01 July 2021)

For more information about our hospitals and services please see our website

[www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on X [@SWBHnhs](https://twitter.com/SWBHnhs) and like us on Facebook

[www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs).

## Sources used for the information in this leaflet

ASGE Standards of Practice Committee. (2018). Guidelines for sedation and anesthesia in GI endoscopy. *Gastrointestinal endoscopy*, 87(2), 327-337.

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



**A Teaching Trust of The University of Birmingham**

Incorporating the Midland Metropolitan University Hospital, City Health Campus, Sandwell Health Campus and Rowley Regis Hospital.

© Sandwell and West Birmingham NHS Trust

ML6475

Issue Date: March 2025

Review Date: March 2028