

Advice following gastroscopy with local anaesthetic throat spray

Information and advice for patients

Endoscopy

You have had a gastroscopy with a local anaesthetic throat spray that contained medication called lidocaine to numb your throat.

Pain

You may experience a sore throat for the next 12 - 24 hours. You may also experience some mild tummy pain. You can take simple painkillers such as paracetamol for this if you think you need it. Follow the dosage instructions on the packet.

Eating and drinking

As you have had lidocaine to numb your throat, you may not be able to swallow safely for a short time after the procedure.

Therefore do not eat or drink for 1 hour after the procedure.

The nurse will tell you when you can have a cold drink. You can have a cold drink at _____.

This will stimulate

your swallowing reflex. After this you will be able to drink hot drinks and eat as normal.

Normal activities

You should be able to resume all of your normal activities straight away as long as you feel able to. This includes driving and going back to work.

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 3493, 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, follow us on X **@SWBHnhs** and like us on Facebook

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.



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