

Endoscopy Unit

Following a Gastroscopy with throat spray

Discharge advice for
patients

You have been given Lidocaine throat spray to numb the back of your throat. Because of this you cannot eat or drink for 1 hour.

After 1 hour, the first drink should be a sip of cold water. If you can feel the coldness of the water and the numbness has gone, then you may eat and drink normally.

You may have a sore throat following your gastroscopy. This is normal and should pass off without treatment.

You may resume a normal diet although initially you may prefer to have small light meals.

If you feel unwell after your procedure and have worsening pain, vomiting blood or any other worries, please contact the Endoscopy Unit where you had your procedure. The numbers can be found at the end of this leaflet. The Endoscopy Units are open from 8.30 am to 6.00 pm, Monday to Friday.

If you are unwell and need advice when the Endoscopy Units are closed, we advise that you:

- attend the Emergency department if you think you require **immediate** medical attention; and
- contact the gastro registrar on call for further advice.

To contact the gastro registrar on call you should ring the hospital switchboard on: **0113 2433144** and then ask for the gastro registrar on call on: bleep **4770**. You may have to wait a few minutes until the call is connected.

Below is some additional information your GP may find helpful if the need arises:

Time throat spray given:

Time that you can eat and drink:

Tissue sample taken: Yes No

Treatment carried out:

Follow-up care: Any enquires regarding your outpatient appointment should be directed to your consultant's secretary.

Contact details

| | |
|--------------|--------------|
| LGI: | 0113 3928675 |
| St. James's: | 0113 2068279 |



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(January 2023)

Produced by: Medical Illustration Services • MID code: 20230124_014/IH

LN002906

Publication date

11/2023

Review date

11/2026