

# Gastroscopy and Upper Gastrointestinal Variceal Ligation - Discharge Advice

## After the Procedure

You are advised to stay home and rest after the procedure. You may experience temporary effects of sedation. These should wear off after 1 day.

- You may feel dizzy, tired, nauseous and may even vomit or experience slight amnesia (unable to remember events that occurred during the procedure).
- Other side effects which may occur:
  - If your throat is sore, you may take some lozenges or gargle.
  - You may feel slightly bloated from air that entered the stomach during the procedure. This feeling will gradually subside after 2 to 3 hours.
- There is a short period of time where your judgement and reactions may be affected. It is important that you:
  - Have someone accompany you home after the procedure.
  - Do not drive or operate any machinery.
  - Do not take sleeping tablets and / or alcohol for the next 24 hours.
  - Do not sign any legal document or make important decisions.

## Dietary Advice

A soft diet is recommended after the procedure. If it is well tolerated, you can then resume your normal diet. However, it is advisable to avoid greasy or spicy food for a day.

## When Should I Seek Medical Help?

Consult a doctor (family doctor or specialist) if you experience any of these symptoms:

- Difficulty in breathing
- Excessive bleeding or passing of black stools
- Severe abdominal pain
- Severe bloatedness
- Severe chest pain
- Severe vomiting or feeling nauseous
- Swollen and inflamed injection site
- Excessive swallowing difficulties (for Oesophageal Variceal Ligation)

**After office hours, please proceed to the nearest Emergency Department.**

## Alexandra Hospital

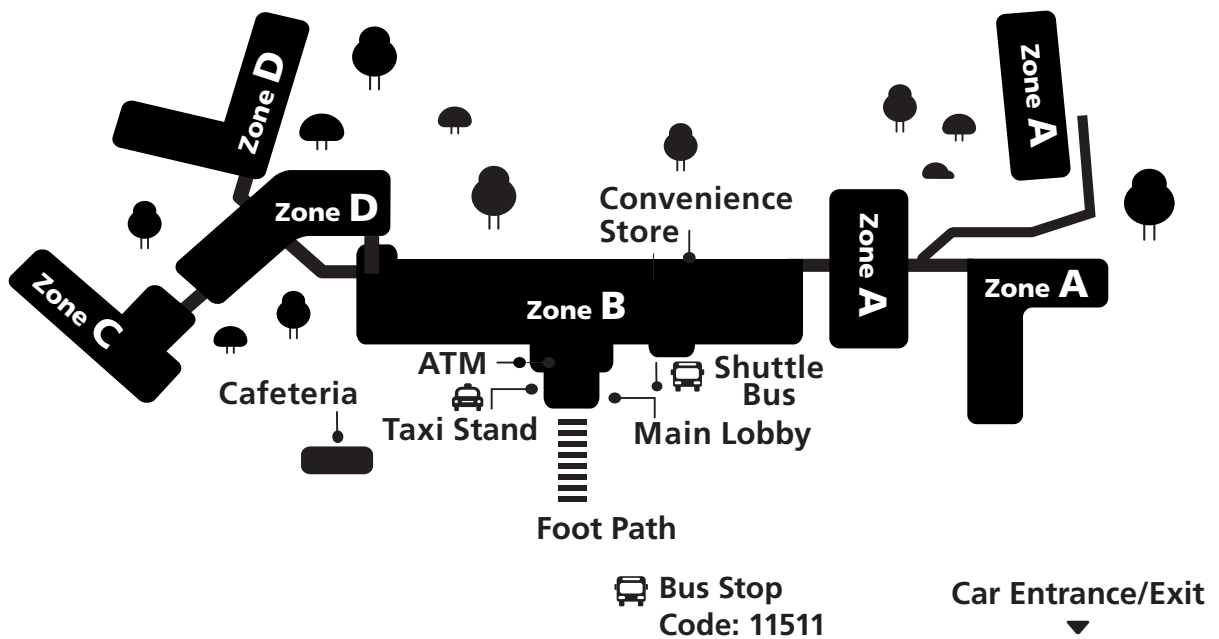
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