

Advice after an upper gastrointestinal polypectomy or endoscopic mucosal resection (EMR)

Endoscopy Department

Information for Patients

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When can I eat or drink after my procedure?

You must not eat or drink anything for 45 minutes after having a local anaesthetic throat spray. This is because the throat will be numb and there is a risk of you choking. Some patients may need to remain fasting for 2 hours after the procedure.

We will give you something to drink before discharge. After discharge you can only have liquidised food for 24 hours. You must then only eat soft diet foods for 72 hours (no biscuits or toast). You can start your normal diet on day 4. Solid food can get stuck in your throat (oesophagus) until the swelling or bruising has gone down. Do not eat chunks of meat or pieces of bread early on. Cut or minced food is best. You should chew well.

Do not eat or drink until:

Have a liquid diet only until:

Have soft diet foods only until:

If you have had sedative medicine:

For **12 hours** you should be accompanied by a responsible adult.

For **24 hours**:

- Do not drive a car or ride a bicycle
- Do not drink alcohol
- Do not use machinery or do things that need skill or judgement like climbing a ladder
- Do not make important decisions or sign any documents
- Do not return to work until after the 24 hours are completed

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

General advice

- Go home and rest.
- You can throw up small amounts of blood. This is normal.
- You may have pain when swallowing. This should improve over 1 to 2 days. If your pain gets worse or it does not stop, contact your GP.
- General tummy (abdominal) discomfort and bloating are often due to trapped wind.
- You may have mild chest pain or mild upper abdominal pain. This is normal.

When to get help

You may have severe pain if there is a tear (perforation). Contact your GP for advice.

If you have:

- sudden chest or tummy (abdominal) pain, if it is painful and it does not stop hurting
- heavy bleeding
- vomiting blood
- passing jet black poo (stool)

Go to the **Emergency Department** or **call the NHS helpline on 111** for an ambulance. We will give you a copy of your endoscopy report in case you need to go to the Emergency Department. You should keep this with you.

Endoscopy Department contact details

Endoscopy Department can be contacted Monday to Sunday from 8am to 6pm:

Leicester General Hospital: 0116 258 4183

Leicester Royal Infirmary: 0116 258 6997

Glenfield Hospital: 0116 258 3130

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk