

# Cytosponge – Results and advice

Endoscopy Unit  
New Cross Hospital and Cannock Chase Hospital

Surname	Unit No
Forename	NHS No
Address	DOB
Postcode	(or affix patient label)

Date: .....

Your Clinician was:.....

Your Nurse was: .....

Tissue samples have been taken:  Yes  No

For further results:

- You will receive an appointment for an out-patient clinic
- Wait for a letter from your Clinician
- You will receive an appointment for a gastroscopy

**NB The National guideline for a repeat procedure may change before you are recalled. You will be informed if the time interval changes or if a repeat procedure is no longer required.**

## Aftercare

### When can I eat and drink?

If you have been given local anaesthetic throat spray to numb the back of your throat. This reduces the function of your gag / swallow reflex.

You are advised to wait until..... before you can eat and drink when the numbness will have worn off.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## When can I take my usual medicines / tablets?

You may take your usual medicines later today and as normal tomorrow.

Special instructions: .....

.....

.....

## What instructions must I follow for the next 24 hours?

### When I am at home how will I feel?

You may experience a mild sore throat. This should subside within 48 hours and is nothing to worry about. If this occurs throat lozenges can be taken.

### What if I feel unwell at home?

If you have any of the following symptoms during the next 48 hours:

- **Difficulty in swallowing other than because you have a sore throat**
- **Bleeding**
- **A high temperature**
- **Persistent vomiting**
- **Abdominal pain**
- **If you are breathless**

You must telephone for help and advice as indicated overleaf.

### Who do I telephone for advice?

If you had your procedure carried out at New Cross Hospital contact the Endoscopy Unit as follows:

Monday – Friday, 8:00am – 6:00pm, telephone 01902 694191 or 01902 695191.

If you had your procedure carried out at Cannock Chase Hospital contact the Endoscopy Unit as follows:

Monday – Friday, 8:00am – 6:00pm, telephone 01543 576736.

At all other times you should attend the Emergency department at New Cross Hospital (or your local hospital if this is nearer).

Please advise the Doctor in the Emergency department to inform the ward Gastroenterologist (9:00am – 5:00pm) or the on-call Gastroenterologist out of hours.

It may be necessary for you to stay in hospital overnight.

## Useful external agencies:

### **Guts UK**

The Charity for the Digestive System  
3 St Andrews Place  
London NW1 4LB  
Tel: 020 7486 0341  
Email: [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk)  
<https://gutscharity.org.uk/>

### **PALS**

(Patient Advisory & Liaison Services)  
Patient Information Centre  
New Cross Hospital  
Wolverhampton, WV10 0QP  
Tel: 01902 695362  
Email: [rwh-tr.pals@nhs.net](mailto:rwh-tr.pals@nhs.net)  
[www.pals.nhs.uk](http://www.pals.nhs.uk)  
Open: Monday – Friday, 9:00am – 5:00pm

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。