

Aftercare

When can I eat and drink?

- You may have been given local anaesthetic throat spray to numb the back of your throat. If so, you will have to wait until before you can eat and drink food and fluid of the same consistency you were having before the procedure.
- If you are normally nil by mouth you must remain nil by mouth
- Water flushes through PEG from

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?

You have been given sedation and this impairs your reflexes and judgement. Therefore it is very important that you follow these instructions:

- You must go straight home and have a responsible adult with you overnight
- You must rest for the remainder of the day and have a quiet day tomorrow
- You must not drive for 24 hours (car insurance will be invalid)
- You must not operate electrical items/ operate machinery
- You must not drink alcohol
- You must not sign any legally binding documents.

When I am at home how will I feel?

It is usual to feel a little bloated for a few hours as air has been put into your stomach, this will pass naturally.

You may have a sore throat which should ease in 24-48 hours.

You may feel drowsy from the sedation for the remainder of the day. It is important to follow the instructions above.

You will probably feel some discomfort around the site of your PEG, you may take pain relief as required. This may be necessary for 48-72 hours.

What if I feel unwell at home?

If you have severe abdominal pain, vomit or pass any blood, have a temperature or have chest pain you must telephone for help and advice as indicated below.

Who do I telephone for advice?

If you have any concerns you can contact the Nutrition Nursing Service between 9am-5pm, Monday to Friday.

Telephone 01902 695336 or 01902 307999 Bleep 7426 or 3749

Alternatively:

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

Monday to Friday, 08:00 - 18:00,

Telephone 01902 694191 or 01902 695191.

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

Monday to Friday, 08:00 - 18:00,

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).

You should explain that you have recently had an Endoscopy and that you are experiencing symptoms as described above. If possible, bring your copy of your Endoscopy report with you, but do not delay if you cannot find this.

Please advise the Doctor in the Emergency Department to inform the ward Gastroenterologist (09:00 to 17:00) 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

<https://gutscharity.org.uk/>

PALS

(Patient Advisory & Liaison Services)

Patient Information Centre

New Cross Hospital

Wolverhampton, WV10 0QP

Telephone: 01902 695362

E-mail: PALS@rwh-tr.nhs.uk

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。