The Royal Wolverhampton
NHS Trust

Gastroscopy and HALO Radiofrequency Ablation – Results and advice following the procedure

Endoscopy

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.**

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

Date: .....

Your Endoscopist was:. .....

Your Nurse was: .....

Biopsies (tissue samples) have been taken ☐ Yes ☐ No

☐ You will receive an appointment to be seen in an outpatient clinic

☐ Wait for a letter from your consultant

☐ You will require a repeat / surveillance procedure in

.....

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

Aftercare

Following HALO radio frequency ablation you may notice some side-effects for as long as 10/14 days. These side effects most commonly consist of mild chest discomfort (like heartburn) and mild discomfort when eating your food. Paracetamol should be sufficient to relieve this discomfort.

When can I eat and drink?

After the procedure you should drink liquids only for the next day. These liquids, including soup, should not be too hot or too cold, around room temperature is best.

After 24hrs we suggest you begin to take a soft, sloppy diet and to continue with this for the next five days.

When can I take my usual medicines / tablets?

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

You should not take aspirin or other non-steroidal pain killers such as ibuprofen or diclofenac.

You should remain on your acid reducing medication continuously.

You can also take over the counter indigestion remedies.

What instructions must I follow for the next 24 hours?

You have been given sedation through a cannula (small plastic tube) inserted into a vein in your arm. Sedation impairs your reflexes and judgement. Therefore it is very important that you follow these instructions if you had sedation:

- 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 or operate machinery for 24 hours
- 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 for the rest of the day. It is important to follow the instructions on page 2.

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

Monday-Friday, 8am-6pm, 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, 8am-6pm, 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 a 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 (9am to 5pm) 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
Telephone: 020 7486 0341
Email: info@gutscharity.org.uk
Website: gutscharity.org.uk

PALS (Patient Advisory Services)
New Cross Hospital
Wolverhampton, WV10 0QP
Telephone: 01902 695362
E-mail: PALS@rwh-tr.nhs.uk
Website: www.pals.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。

Designed & Produced by the Department of Clinical Illustration,
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