

A gastroscopy involves an endoscope – a long, thin flexible tube with a ‘video camera’ at the tip – being passed through the mouth into the oesophagus, stomach and first part of the small bowel. Gastroscopy is usually performed to evaluate symptoms of indigestion, upper abdominal pain, nausea, vomiting or difficulty swallowing.

Expected Postoperative Effects:

- You may experience drowsiness, fatigue, or dizziness as a result of the sedation anesthetic, which is common.
- Your throat might be a little sore, and you might feel bloated because of the air introduced into your stomach during the test.

Returning to work and activities:

- Most patients feel they are well enough to return to work 1-2 days after a routine gastroscopy. Often-times, however, gastroscopies are performed alongside other procedures. If this is the case, you should base your expectations on the procedural aspect with the longest period of recovery.
- You should avoid heavy lifting and strenuous activity for at least 24-48 hours.
- Do not drink alcohol, drive, operate heavy machinery, or sign legal documents for at least 24-48 hours.

Follow-Up Appointment:

You should call the office on 1300 008 883 to arrange a postoperative appointment with Dr Urquhart. For a colonoscopy this should be made within 4-8 weeks. If you have had biopsies taken at your colonoscopy, please ensure you make this appointment to receive these results.

Contact the rooms if you experience any of the following:

- Persistent and increasing throat, abdominal or chest pain or bloating
- Fever, chills, or high temperature
- Difficulty swallowing
- Vomiting, persistent nausea
- Dizziness, Headaches

If you have any questions or concerns, please do not hesitate to contact the clinic on 1300 008 883. If you begin to feel unwell after hours, please contact the after-hours nurse at St Vincent’s Hospital, or present to your nearest emergency department.