

Going home after your endoscopy

Information for children and teens who have had an endoscopy and anaesthesia

When to eat and drink

- We will give you some water or juice to drink before you leave the hospital.
- At home, eat and drink what you normally do, unless your doctor gives you other instructions.

After receiving anaesthesia or sedation

- General anaesthesia** **Sedation**

The anaesthetic or sedation medication may make you feel sleepy. For the rest of the day, stay home from school or work and do not play sports.



For 24 hours after your endoscopy:

- ask for help with a bath or shower if you feel drowsy or unsteady
- avoid all activities that require balance or coordination
- do not drive
- do not drink any alcohol

Discomfort in your stomach or throat

- You may feel pressure in your stomach or have to burp. This is caused by the air that was put into your stomach during the endoscopy. burping is safe and may help you feel better.
- You may also have some mild discomfort in your throat or feel sick to your stomach (nausea).
- These feelings will not last long.

Results

- Biopsy results can take a few weeks. Make sure you have a follow-up appointment scheduled with the doctor to discuss your results.

When to call the doctor

If you have questions about **mild** symptoms (**mild** nausea or discomfort), call the Pediatric Gastroenterologist on call.

To call the Pediatric Gastroenterologist on-call:



- Call 905-521-5030 and ask to speak with the Pediatric Gastroenterologist on-call.
- The on-call doctor will be paged and call you back. Please be patient as this may take several minutes.
- The on-call doctor may not be the same doctor that did your endoscopy.

Go to the nearest hospital emergency department if you have ANY of these problems:



- throwing up (vomiting)
- there are spots of blood in your vomit
- severe pain in your throat, chest or stomach, or your discomfort does not go away or gets worse
- chills or a fever - your temperature is higher than 38.5°C or 101.3°F

Special instructions:
