

Post Gastroscopy With or Without Biopsies Instructions

- 1 Although you did not have a general anesthetic, you did receive a sedative
For 24 hours after your examination, **DO NOT:**
 - Drive a car
 - Operate machinery
 - Drink alcohol
 - Make any legal or financial decisions.
- 2 You must have someone drive you home, or take a taxi
Do not take public transit (TTC)
- 3 You may feel a little discomfort in you chest after the procedure. If the pain increases in intensity and radiates through to your back, please contact your doctor.
- 4 You may spit up a small amount of blood after procedure. This is normal and stops in several hours. However, if the bleeding continues please contact your doctor.
- 5 Diet: Wait for one to two hours before eating or drinking. Avoid citrus juices such as orange or grapefruit juice, because they may irritate your throat. Eat only soft food for the first day.
- 6 If you have any problems, please contact your doctor at his or her office or return to your nearest emergency department