



# Information Guide

**Gastroenterology**

**Post Gastroscopy &  
Colonoscopy**

## After the gastroscopy

**Wait 1 hour after the examination before resuming eating or drinking.** Always start with a sip of water. This ensures that the throat is no longer numb and you are able to swallow well without choking. If the water is well tolerated and you are not choking, you can resume eating and drinking as usual. If you choke, wait a few minutes and take a sip of water.

You may have mild and temporary sore throat after the exam. You can relieve yourself with salt water gargles.

It is normal to feel some discomfort due to the accumulation of gas in the stomach. These discomforts will be relieved by burping or the passage of intestinal gas.

## After the colonoscopy

- You can resume a normal diet.
- It is normal to feel some discomfort due to the accumulation of gas in the intestine. These discomforts will be relieved the passage of intestinal gas.

## After gastroscopy and/or colonoscopy:

### If you received sedation (painkiller or relaxation medication):

- The medicine(s) you were given made you feel a bit drowsy and reduced your pain during the test.

- A nurse will monitor you for a minimum of 30 to 60 minutes until you are fully awake.
- For the return home, **you MUST be accompanied** since you will not be able to drive your car.

**Within 24 hours of your exam:**

- Be in the presence of an adult and not be left alone.
- Do not drive a car or use dangerous machinery.
- Do not consume alcohol or medication/drugs that can put you to sleep.
- You may be sleepier and have less balance when standing.
- You may have difficulty concentrating. Thus, it is recommended to:
  - Do not return to work the same day as the exam
  - Not making an important decision.
  - Do not do any activity that could be dangerous.

**When to consult:**

**If you have any of these symptoms in the hours following your examination, go to the emergency room:**

- Severe or persistent abdominal (belly) pain.
- Severe bleeding from the rectum.
- Nausea or vomiting.
- Fever
- Being very sleepy, hard to wake up.
- Slow breathing: less than 8 breaths in 1 minute.
- Face or hands with bluish or grayish skin
- Any unusual signs that worry you.

If you have any questions, contact **Info-Santé** by dialing **8-1-1** (service 24 hours a day, 7 days a week). Service in English available

## Personal notes:

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This guide provides recommendations in accordance with the scientific information available at the time of its publication, namely January 17th, 2023. However, these recommendations do not in any way replace the judgment of a clinician. If you have any questions, we invite you to contact your healthcare professional. If, in any way, you misuse the information contained in this document, the CHU de Québec cannot be held responsible for damages of any kind in this regard.



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