

Naso-endoscopy with Sedation

Advice on Discharge

You have undergone a procedure called:

Naso-endoscopy with sedation

You have had sedation and local anaesthetic sprayed to numb your nose, it is essential that someone accompanies you home and stays with you for the next 24 hours. You should not drive a car, operate machinery, drink any alcohol or sign any legally binding document for 24 hours.

Unless otherwise instructed by your doctor, you may resume your normal diet.

You may resume your normal prescription medicines.

There may be some slight soreness where the instrument has been but this will wear off in a day or so.

Some bloating may be experienced if air has remained in your gastrointestinal tract (stomach) but will resolve itself in a few hours.

Side effects to look out for:

These side effects are extremely rare but we need to make you aware of symptoms to look out for. Things to report to your doctor:

- **severe pain or vomiting;**
- **vomiting of blood;**
- **nose bleed;**
- **temperature greater than 100°F / 39°C;**
- **redness, tenderness and swelling at the site of the I.V. injection that persist for more than 48 hours.**

Further advice about your condition and treatment including biopsy results will be given at your next outpatient appointment or can be obtained from your GP.

Contact details

If you have any questions or concerns contact your GP or call one of these numbers:

Endoscopy Unit: 01234 792269 (Monday to Friday 8am to 6pm)

Bedford Hospital: 01234 355122 ext. 2871 (Monday to Friday 8am to 6pm)

NHS Direct: 0845 46 47 (out of hours)

Written by Helen Drake, endoscopy.