

## Patient advice sheet

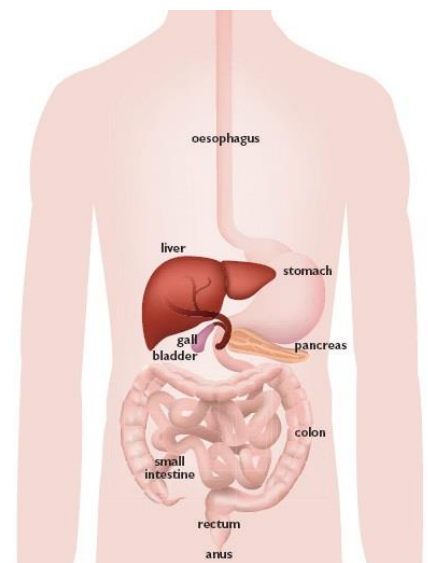
# What to expect after having Your Endoscopic Retrograde Cholangio Pancreatogram (ERCP)

You have had a procedure called an Endoscopic Retrograde Cholangio Pancreatogram (ERCP). The results of your test will have been discussed with you by a doctor or one of the Endoscopy nurses prior to your discharge from hospital.

## What are the possible after-effects of the procedure?

### Pain

It is not uncommon to experience some discomfort immediately following the procedure due to air in the stomach. This is usually mild and will soon pass with the help of warm drinks, walking around, or drinking peppermint water or eating sweets. Rarely, more severe abdominal pain, sickness or a temperature may occur due to an inflammation of the pancreas. This condition is called pancreatitis and might require a few days' stay in hospital to receive pain relief and antibiotics until it settles.



## What are the after-effects of the sedative injection?

If you have had a sedative injection, your mental ability to think clearly and make decisions may be affected for up to 24 hours after the procedure even though you feel wide-awake. For this reason, you **must** have someone who can take you home **and** look after you for the rest of the day.

If you have had sedation, for *24 hours* after your procedure you **must not**:

- Drive
- Operate potentially dangerous machinery

For **8 hours** after sedation, you should also **not**:

- Use potentially dangerous appliances such as a cooker or kettle
- Have a bath unsupervised
- Look after dependants on your own
- Go to work
- Sign any legal documents
- Drink any alcohol
- Take sleeping tablets or recreational drugs

## Starting to eat again

You should avoid large or rich meals for the rest of the day following your procedure. It is advisable to take fluids only for the first 4-6 hours after the test before starting to eat again. A mild sore throat is not unusual and should resolve within 24 hours. It may help to suck lozenges.

## Medications

You may resume normal medications immediately after your ERCP. Please ask if you are not sure if your medication will be safe to take with the sedation.

## Advice

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test.

## How to seek help after the test

If you experience severe pain or sickness, temperature greater than 38 degrees centigrade or redness, tenderness and swelling at the site of your intravenous injection, please seek help immediately.

- During normal office hours ring the relevant Endoscopy Unit  
Stoke Mandeville Hospital - **01296 315220**  
Wycombe Hospital - **01494 425073**
- **Outside** office hours, patients who have had their procedure in Wycombe or Stoke Mandeville hospitals who need advice should call Ward 17 at Stoke Mandeville Hospital on **01296 418201**.  
In an emergency come directly to Stoke Mandeville Hospital Emergency Department.

## Follow Up Information

- A copy of your report is attached.
- You need to see your GP for treatment. Please check your GP Practice has received your results before making an appointment or take the copy of the report with you.
- You need to be seen in Outpatients Clinic.
- You will need another investigation.

**If you would like a copy of this information sheet on audiotape, in large print or translated, please call 01296 315175 (SMH) or 01494 425288 (WH)**

## **Legal Notice**

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

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