Endoscopic Retrograde Cholangiopancreatography (ERCP)

Discharge advice

Information for patients

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

You have had an ERCP with conscious sedation (a drug which should make you feel comfortable and relaxed).

This leaflet tells you what to expect and who to contact if you have any questions or worries when you go home.

**You must** have a responsible adult to take you home and stay with you for the first 24 - 36 hours after your sedation. This is because sedation may make you feel tired and will affect your judgement.

The after effects of this medication will stay with you for 24 - 36 hours so it is important you follow this advice. Your nurse will tell you how long you need to follow this advice.

For the first 24 - 36 hours after sedation you:

- **must not** go back to work
- **must not** drive a car, ride a bicycle or motorcycle. It is an offence to drive while unfit to do so because of drugs and it will probably invalidate your insurance policy.
- **must not** supervise children
- **must not** make any important decisions or sign any legal documents
- **must not** operate machinery or electrical appliances
- **must not** go near open flames or sources of high heat
- **must not** drink alcohol
- **must not** take sleeping tablets, tranquillisers or any drugs other than those prescribed to you by the hospital or your GP
- **must not** lock the toilet or bathroom door in case you need any help
- **should not** smoke.

How will I feel when I get home?

You may:

- have a sore throat for the first 24 - 48 hours
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- feel bloated. This is due to the air put in your stomach and duodenum (small intestine) during your procedure. This usually settles within a few hours.
- feel tired due to the effect of sedation.

You should:

- relax quietly at home for the rest of the day
- take fluids only for the first 4 - 6 hours
- have a light meal on the evening after your ERCP, for example, soup and sweet. **Do not** have a heavy meal as it could make you sick.
- gradually build up to your normal diet over the next few days.
- avoid rich and fatty foods
- take any medications as normal unless your doctor has advised otherwise
- have warm drinks, walk around, suck sweets or drink peppermint water to help ease any abdominal discomfort, if needed.

**You must** contact the Endoscopy Unit (see contact numbers) where you had your ERCP immediately if:

- you have severe pain in your neck, chest or abdomen (tummy)
- your temperature is 38°C (100.4°F) or higher
- you start vomiting (being sick) or develop nausea (feeling sick).

If that department is closed and you have an urgent problem up to 48 hours after your ERCP you should contact the Accident and Emergency Department (see contact numbers).

**When will I be told about the results of my procedure?**

Before you leave the unit your nurse will explain the results of your ERCP to you. If you have had sedation you may not remember everything you have been told so, with your permission, it may be helpful if a relative or friend could be with you when you are told your results. Your GP will be sent a report, usually within 10 - 14 working days. If the doctor who has done your ERCP feels it is necessary you may also be given some medication and/or an outpatient appointment.

If you had any biopsies taken and sent to a laboratory for further examination you might have to wait for up to 6 weeks for the results. Your GP will also be sent a copy of these results. You can make an appointment to see your GP to discuss your results or, if you are given an outpatient appointment your results will be discussed with you then.
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Contact numbers

If you need further advice, or have any problems, please contact the appropriate number below.

**University Hospital of North Tees**

Endoscopy Unit  
telephone: 01642 624387  
Monday - Friday, 8.00am - 7.00pm

Accident and Emergency Department  
telephone: 01642 382899  
24 hours a day, 7 days a week.

**University Hospital of Hartlepool**

Rutherford Morison Unit  
telephone: 01429 522532  
Monday - Friday, 8.00am - 6.30pm

If you have any worries or concerns you should contact your GP during normal surgery hours. Outside surgery hours, you should contact your GP’s surgery for the Out of Hours Service number.
This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: patientinformation@nth.nhs.uk

Comments, Concerns, Compliments or Complaints
We are continually trying to improve the services we provide.
We want to know what we’re doing well or if there’s anything which we can improve, that’s why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719
Monday – Friday, 9.00am – 4.00pm

Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084
Mobile: (can use text): 0779 506 1883
Email: patientexperience@nth.nhs.uk

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617
24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30pm – 4.30pm. The office is based on the ground floor at the University Hospital of North Tees.

North East NHS Independent Complaints Advocacy (ICA) is an independent organisation able to provide support and advice to anyone who wishes to make a complaint about their NHS treatment. ICA can be contacted by telephoning: 0808 802 3000 or visit the website at: www.nenhsscomplaintsadvocacy.co.uk

Data Protection and use of patient information
The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

telephone: 01642 833551 or email: information.governance@nth.nhs.uk