

A Guide for Patients and Families

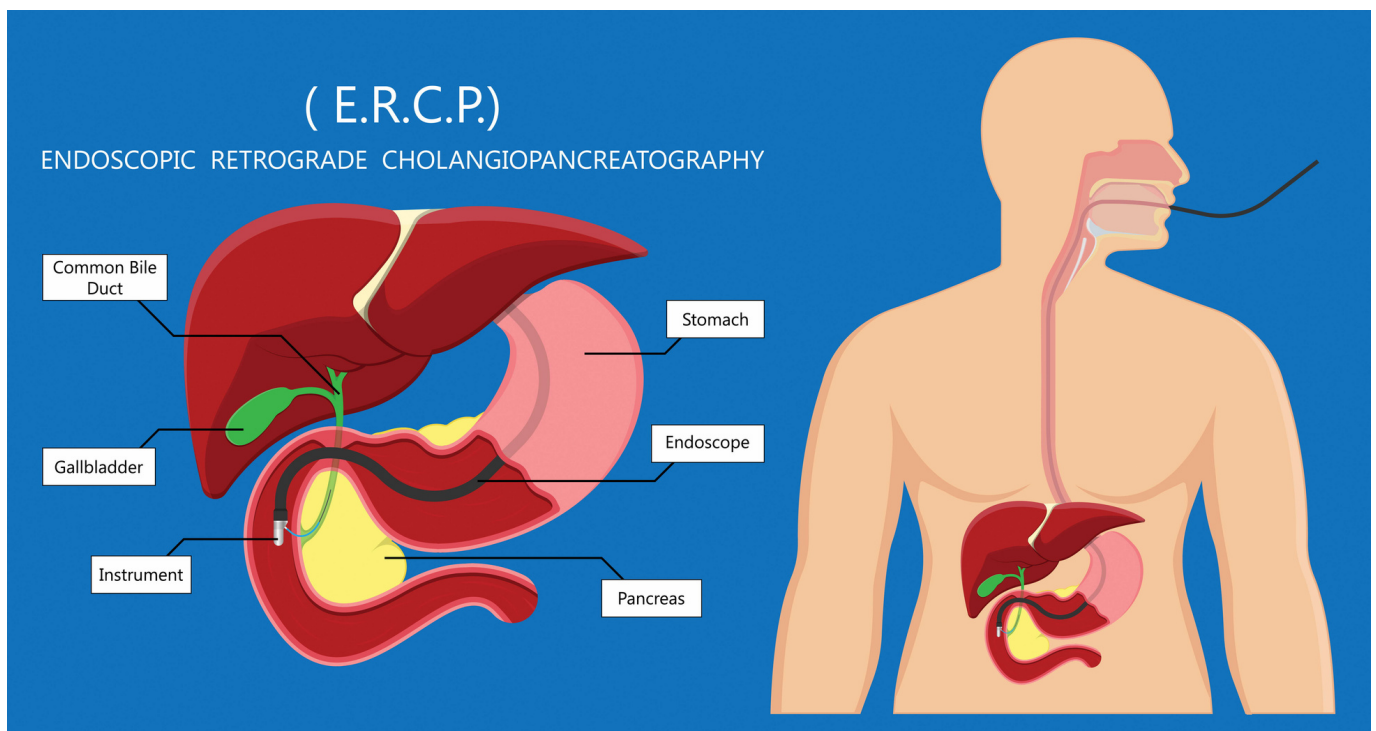
Endoscopic Retrograde Cholangiopancreatography (ERCP) Post Procedure Advice

Overview

You will undergo this procedure to detect and treat the problems in the liver, gall bladder, bile ducts and pancreas.

This procedure involves performing an X-ray on you with the use of an endoscope (a long flexible lighted tube) passing through your mouth and throat to the oesophagus, stomach, and finally the first part of the small intestine.

Your healthcare provider (HCP) will insert a tube through the endoscope and inject a dye to highlight the organs on X-Ray to identify any problems.



Care and Management

During the procedure, you will be sedated with prescribed medication.

The following items are recommended for your care during the next 24 hours:

- Do not drive or operate heavy machinery for the next 8 to 24 hours.
- Do not consume any alcoholic beverages for 24 hours.
- Do not make any important decisions within 24 hours.



Diet

You may resume your regular diet unless instructed otherwise.

- Take small, frequent meals, instead of 3 big meals a day.
- Avoid spicy and sour foods. e.g Curry, Tom Yam Soup.
- Avoid fruits that are acidic e.g Oranges and Lemon.

Rest

- Ensure that you have planned for ample rest for the day.



Medication

- Please take your medication as prescribed.

Common ERCP after-effects:

Mild sore throat

Treatment is not necessary, and you will recover after a few days. You may use gargle solution to relieve the soreness.



Abdominal Bloating

This is usually mild and will resolve gradually.

Drowsiness

This is due to the sedative used and it will wear off gradually. You are advised to rest at home.



Pain relief

Take your medication as prescribed by the doctor or you may take your usual pain relief medication.

For emergency after working hours, please proceed to the Emergency Department if you develop a fever above 38°C and severe abdominal pain.