

# Taipei Medical University Hospital

## Post-Gastroscopy Instructions

- If you have already finished your exam today, and the endoscopic report has been uploaded in our hospital's database, please make an appointment at the cashier counter to view and discuss the report in the outpatient clinic.
- If you only had a gastroscopy, please go to the outpatient clinic to view your report .
- If you had an endoscopic biopsy, the pathological test report will need 5 working days to be ready. You should follow a soft diet for 3 days and avoid high-fiber food, food that is too hot and irritating food.
- Because of endoscopic testing for Helicobacter pylori Antibodies, you should follow a soft diet for 3 days and avoid high-fiber food and food that is too hot and irritating food. The Helicobacter pylori Antibodies report needs 3 three working days.
- Due to the blue dye spray from the chromoendoscopy, you may have blue stool after two days; Please do not worry, as this condition is normal.
- If you have an endoscopic polypectomy, please follow the post-polypectomy health education instructions.
- Special exam:

本單僅供參考，實際治療以醫師診治為主



以病家為尊、以同仁為重、以北醫為榮

- After recover from anesthesia, you can try to drink a bit of warm water after the endoscopic procedure. If there is no presence of choking or discomfort, you can start to eat a little bit of food at a time.
- If you were fasting before the exam, please consult with your physician whether you can start eating or not after accepting the endoscopy exam.
- Mild pain or discomfort of the throat may occur after a procedure and usually disappears 2 to 3 days after the endoscopy examination. Gargling with warm water or normal saline may be helpful for relieving such symptoms.
- For those patients who received a painless endoscopy through sedation, they will be transferred to the recovery room afterwards. The patient will stay monitored in the recovery room until stable.

Contact Information

Telephone Number : +886 2 2737-2181ext.8621

Or visit emergency (outpatient) department directly

Producing unit/Date: Intergrated Medical Examination Center / February 2, 2026

PFS-0220-006

本單僅供參考，實際治療以醫師診治為主



以病家為尊、以同仁為重、以北醫為榮