



Discharge Instructions for Endoscopy Patients

RESTRICTIONS ON ACTIVITY: Do not drive any vehicle until tomorrow. Someone should drive you home from the facility and escort you all the way to your residence. This is very important because all drugs, including sedatives and anesthetic agents slow your reaction time. Even though you may think your reactions are normal, they may be affected. Do not make critical decisions or do anything that requires you to be alert or coordinated until the next day.

DIET: Eat and drink normally unless otherwise instructed. Greasy and spiced foods are not advisable for today. Do not drink alcoholic beverages for the next 24 hours. Colonoscopy and flex sig. patients should avoid gas producing foods.

Symptoms to watch for and report to your physician:

☐ ESOPHAGOGASTRODUODENOSCOPY, ENDOSCOPY OR ENDOSCOPIC RETROGRADE CHOLANGIO PANCREATOGRAPHY (ERCP)

1. Chills or fever within 24 hours of your procedure
2. Pain in chest
3. SEVERE abdominal pain or vomiting
4. SEVERE or persistent nausea or vomiting.
5. If biopsy taken call physician office for follow-up appointment at 437-8411
6. If prescription given take as ordered.

Treatment for common after effects:

Sore throat - treat with throat lozenges; gargle with warm salt water
Mild abdominal pain and bloating; rest and take only liquids

☐ COLONOSCOPY, FLEXIBLE SIGMOIDOSCOPY

1. SEVERE abdominal pain or bloating
2. Fever within 24 hours of procedure
3. A large amount or rectal bleeding (greater than one tablespoon) A small amount from the rectum is not serious, especially if hemorrhoids are present.
4. If biopsy taken call physician office for follow up appointment at 437-8411,
5. If prescription given take as ordered.

If a polyp has been removed -

Avoid taking aspirin and other NSAIDS (such as: Motrin, Advil, Naprosyn, Excedrin, Aleve, Ibuprofen, etc.) for the next 7 days.

If bright red rectal bleeding occurs, go to the E.R.

☐ BRONCHOSCOPY

1. Fever within 24 hours of procedure
2. Difficulty breathing or severe shortness of breath
3. Coughing up a large amount of blood
4. Chest pain
5. If biopsy taken call physician office for follow up appointment at 437-8411
6. If prescription given take as ordered.

You can expect a sore throat and may cough up a small amount of blood

Additional Instructions: _____

Patient/Responsible party signature _____ Nurse signature _____

Patient Label