



# Discharge Information Following Endoscopic Procedures

Do not eat or drink anything for 30 minutes after your test. Start with small sips of water. If you can drink small sips of water easily, then you may begin eating solid foods as tolerated. (Unless the nurse or doctor gave you other instruction on discharge).

Medications given to you during the procedure may make you sleepy, weak, and uncoordinated. **DO NOT** drive a car or use dangerous equipment like power tools and lawn mowers. Do not do important business or sign any legal documents until the day after your procedure.

If you notice any redness or swelling on parts of your body where IV medications were given, place a warm wet washcloth over the area for 20 minutes at a time until the redness or swelling goes away. If you still have redness or swelling after 2-3 days, please call us.

The doctor may have removed some tissue during the test. This is called a biopsy. A laboratory will look at the tissue for disease. If you had polyps removed do not lift anything heavy for one week. The appropriate follow up to obtain the results of the biopsy will be indicated on your copy of the report.

If you are currently taking blood thinners, begin taking them as you normally would unless the nurse or doctor told you not to at discharge.

After your test your stomach and/or colon may feel tight/full. Gas was put in your stomach/colon and should pass as gas from your rectum or by burping. You should not need treatment for this. If you have soreness in your throat you may gargle with warm salty water every 30-60 minutes.

## Call us right away if you have:

- Blood in your stool for more than two bowel movements
- Temperature over 38.5 C

(during hours on 8514 1000, after hours on 8514 0000 or \_\_\_\_\_)

## Go to the nearest emergency room right away if you have:

- Vomiting that will not stop, or vomiting of blood or "coffee grounds"
- Bad stomach pain (other than gas cramps)
- Chest pain
- Black stools
- Constant bleeding or more than four tablespoons of blood from your rectum