

Written Discharge Instructions

EGD/Colonoscopy

RESULTS AFTER YOUR PROCEDURE

Following your procedure, the procedure physician will give your results and instructions (verbal and/or written) to you and/or your representative. Please allow 5-7 business days for biopsy results to reach your primary physician's office.

RECOVERY AFTER YOUR PROCEDURE

You may resume your regular diet unless otherwise directed by the physician. **Drink at least 24 oz of clear liquids at home after your procedure.**

If you had any kind of anesthesia or sedation, we recommend that a responsible adult either stays with you or is immediately available to you for 24 hours after your procedure.

For the following 24 hours:

1. DO NOT drive, operate heavy machinery, or use power tools.
2. DO NOT consume alcohol or sedatives.
3. DO NOT return to work.
4. DO NOT do any heavy lifting or straining.
5. DO NOT sign any important documents.
6. DO NOT make any big purchases.
7. DO NOT post on social media.
8. If you use a CPAP machine, be sure to use it while napping or any daytime sleeping.

Anesthesia side effects that you may experience after your procedure:

1. Nausea and vomiting
2. Sore throat or hoarseness
3. Dry Mouth
4. Sleepiness or fatigue
5. Itching

Notify your primary physician or come to the Emergency Room if you have any other symptoms that alarm you.

PAIN AFTER YOUR PROCEDURE

After an EGD, you may have a sore throat. You can gargle with warm salt water or use **over-the-counter medications** for sore throats. If soreness persists longer than 24 hours, contact your primary physician.

After a Colonoscopy, you may experience discomfort in your abdomen after the procedure due to gas. This is normal and expected. You can help relieve this discomfort by bending your knees while laying on your left side. You can also use a **heating pad** (on low heat) on the lower part of your abdomen to help make you feel **more comfortable**.

If you develop a lump and/or redness at the site where your IV was at, apply a warm, moist washcloth to the area for about 10 minutes, four times a day for 2-3 days.

If you experience severe pain, notify your primary physician, or come to the Emergency Room.

BLEEDING AFTER YOUR PROCEDURE

Bleeding after an endoscopy is a **rare** complication that may occur. Bleeding may be immediate or delayed. If you experience any of the following symptoms, notify your primary physician or come to the Emergency department:

1. Severe pain.
2. Black, tarry stools or rectal bleeding.
3. Vomiting blood.

NAUSEA AND VOMITING

While nausea and vomiting after a procedure is a known **side effect of anesthesia**, there are other factors that can play a role, such as dehydration, medications being given on an empty stomach, an overly aggressive return to a normal diet, and a lack of medications to prevent nausea and vomiting.

COMBAT DEHYDRATION

One way to prevent nausea and vomiting is to **drink plenty of fluids the day before your procedure**. If you experience vomiting after you leave here today, you may drink beverages with electrolytes in them to help your body return to normal more quickly. **Beware fully carbonated beverages can make the stomach feel bloated and cause nausea.**

DON'T RUSH YOUR DIET

A slow return to normal foods is an ideal way to minimize nausea. If you are nauseated, try clear liquids first in small amounts over the course of a few hours. If clear fluids are tolerated, other liquids such as juice, tea, milk, and coffee may be introduced only when the others were successfully tolerated.

GINGER

Ginger ale that has been allowed to go flat has been soothing to the stomach and can often be used as a treatment for nausea. Beware, fully carbonated drinks can make the stomach feel bloated and can contribute to nausea. Ginger candy and other types of ginger foods can be of use if they have real ginger as an ingredient, not ginger flavoring.

Notify your primary physician or come to the Emergency Department if you have issues with vomiting after you have tried different alternatives.

INFECTION

While it's not likely to happen, it's good to know what the **signs and symptoms of infection** are:

1. Abdominal pain or tenderness
2. Chills
3. Fever over 100 degrees
4. Diarrhea
5. Constipation
6. Nausea or Vomiting

Notify your primary physician or come to the Emergency Room if you have any other symptoms that alarm you.

THANK YOU FOR ALLOWING US TO CARE FOR YOU TODAY. WE WILL CONTACT YOU WITHIN 1-2 BUSINESS DAYS TO SEE HOW YOU ARE DOING.



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