

**Endoscopy Department Discharge Instructions**

**YOU HAVE HAD A:**  **Colonoscopy**  **Gastroscopy**  **Esophageal Dilatation**  
 **Flexible Sigmoidoscopy**  **ERCP**  **Polypectomy**

- You may have a sore throat for a few days. You may gargle with warm water or use throat lozenges.
- Mild to moderate cramping and gassiness is expected.
- If you received sedation, you may feel drowsy and sleep for a short time following the procedure. You may be unable to remember things for a few hours.

**Notify Physician at 272-5011 339-0788 if you develop:**

- Fever
  - Chest Pain
  - Shortness of breath
  - Prolonged or severe abdominal pain
  - Vomiting
  - Black/tarry bowel movements
  - Rectal bleeding (toilet water reddened/clots)
  - IV site pain, redness, swelling
- ▶ If you are unable to reach the physician and you feel that you need immediate care, please go to the Emergency Dept.

**MEDICATIONS:**  **Resume pre-procedure medications**

- See Medication Reconciliation Physician Orders/Instructions
  - DO NOT TAKE ASPIRIN FOR \_\_\_\_\_ DAYS
  - Do not take non-steroidal anti-inflammatory medication (Ibuprofen, Motrin, Advil, Aleve, etc) for \_\_\_\_\_ days.
- Additional Medication Instructions: \_\_\_\_\_

**DIET:**

- Resume normal diet  Clear liquids for \_\_\_\_\_ days  **NO ALCOHOL** for the rest of the day
  - Other: \_\_\_\_\_
- ▶ It is advised after discharge to eat lightly at home. Going to a restaurant is not recommended.

**ACTIVITY:**

- Sedation you received may make you feel weak, tired, and forgetful and slow your reaction time.  
**FOR THE REST OF THE DAY:**
  - Do not drive, operate machinery or power tools
  - Do not make important decisions or sign important papers
  - Avoid activities that require you to be alert and coordinated
- Resume usual activity

**Procedure Findings:** Removal of 2 polyps

- Repeat procedure in: 5 years
- A specimen has been sent to the lab for further evaluation (a small amount of bleeding after a biopsy is taken or a polyp removed may be expected and is not unusual). The physician's office will notify you of your biopsy results. If you do not hear from them within 2 weeks, call your physician's office.

**ADDITIONAL INSTRUCTIONS:**

- Use CPAP/BIPAP when you lie down to rest upon arrival home.
- Make an appointment with Dr. \_\_\_\_\_ in \_\_\_\_\_
- Follow up with your primary care physician
- Informational Literature: \_\_\_\_\_

Patient/Responsible Adult: Amelia Jant

Nurse Signature: Melissa Hansen

Date: 1/28/21 Time: 1632

Physician Signature: \_\_\_\_\_

Date: 1-28-21 Time: 15110

