Endoscopy
Care After Procedure

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your doctor may also give you ***specific*** instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your doctor.

ACTIVITY
- You may resume your regular activity but move at a slower pace for the next 24 hours.
- Take frequent rest periods for the next 24 hours.
- Walking will help *expel* (get rid of) the air and reduce the bloated feeling in your abdomen.
- No driving for 24 hours (because of the *anesthesia* (medicine) used during the test).
- You may shower.
- Do not sign any important legal documents or operate any machinery for 24 hours (because of the anesthesia used during the test).

NUTRITION
- Drink plenty of fluids.
- You may resume your normal diet.
- Begin with a light meal and progress to your normal diet.
- Avoid alcoholic beverages for 24 hours or as instructed by your caregiver.

MEDICATIONS
- You may resume your normal medications unless your caregiver tells you otherwise.

WHAT YOU CAN EXPECT TODAY
- You may experience abdominal discomfort such as a feeling of fullness or “gas” pains.

FOLLOW-UP
- Your doctor will discuss the results of your test with you.

SEEK IMMEDIATE MEDICAL ATTENTION IF ANY OF THE FOLLOWING OCCUR:
- Excessive *nausea* (feeling sick to your stomach) and/or vomiting.
- Severe abdominal pain and *distention* (swelling).
- Trouble swallowing.
- Temperature over 100° F (37.8º C).
- Rectal bleeding or vomiting of blood.

Document Released: 08/01/2005 Document Re-Released: 03/14/2011
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