DISCHARGE INSTRUCTIONS AFTER ENDOSCOPY

WHAT TO EXPECT AFTER LOWER GI ENDOSCOPY:

- Your abdomen may be swollen from air used to inflate the colon for better visualization. You may experience cramps similar to gas pains and may pass large amounts of gas. Passing the air will ease your discomfort. You may also have small amounts of blood on your stools.
- It may be several days before you have a normal bowel movement due to your bowel prep.
- You may experience: headaches from dehydration, nausea from medications for sedation.

PLEASE REPORT THE FOLLOWING IMMEDIATELY:

- Chills or fever.
- Severe abdominal pain.
- Rectal bleeding.
- Persistent nausea or vomiting.
- For severe chest pain or respiratory distress please call 911.

RECOMMENDATIONS:

- Resume normal diet. Your doctor may make special recommendations on an individual basis.
- No alcohol, tranquilizers or sleeping pills should be used for at least 48 hours after receiving sedation, unless ordered by your physician.
- **If a polyp was removed**, no vigorous activity until tomorrow and no aspirin or NSAIDS including Ibuprofen, Motrin, Naproxen sodium, etc. medications should be used for 14 days. You will receive a letter in 1-2 weeks with the results and endoscopic follow-up recommendations.

ACTIVITY: Light activity for the remainder of the day and no driving until tomorrow.

FOLLOW-UP: If your doctor recommended follow-up in the office, please call the office at 503-281-0561 to schedule.

ENDOSCOPIC FOLLOW-UP RECOMMENDATIONS: Your doctor will determine the timing of your next procedure either after the endoscopy or in a letter sent to you after he reviews your biopsy results.

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Instructions Given By:_____

Patient Released To: _____ Date:_____