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### ENDOSCOPY DISCHARGE INSTRUCTIONS

#### General Instructions:

- Following sedation your judgment, perception and coordination are considered impaired. Even though you may feel awake and alert you are considered legally intoxicated. Therefore, until the next morning.
  - Do not drive.
  - Do not operate appliances or equipment that requires reaction time (e.g., stove, electrical tools, machinery).
  - Do not sign legal documents or be involved in important decisions.
  - Do not smoke if alone.
  - Do not drink alcoholic beverages.
  - Go **directly** home and rest for several hours before resuming your routine activities.
  - It is highly recommended to have a responsible adult stay with you for the next 24 hours.
- Tenderness, swelling or pain may occur at the IV site where you received sedation. If you experience this, apply warm soaks to the area. Notify your physician if this persists.

#### INSTRUCTIONS SPECIFIC TO PROCEDURES — REPORT TO THE PHYSICIAN ANY OF THE FOLLOWING:

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| <p><b>Upper Endoscopy, ERCP, Dilatations,</b></p> <ol style="list-style-type: none"> <li>Pain in chest.</li> <li>Nausea/vomiting.</li> <li>Fever/chills within 24 hours after procedure. T &gt; 101°F</li> <li>Severe and persistent abdominal pain or bloating.</li> </ol> <p><b>In addition:</b><br/>Mild throat soreness may follow this procedure. Warm salt water gargling or lozenges of your choice will most likely relieve your discomfort or cold drinks and popsicles.</p> | <p><b>Colon/Sigmoidoscopy/Proctoscopy</b></p> <ol style="list-style-type: none"> <li>Severe and persistent abdominal pain/bloating which does not subside within 2-3 hours.</li> <li>Large amount of rectal bleeding (some mucous blood streaking may occur, especially if biopsy or polypectomy was done or if hemorrhoids are present).</li> <li>Nausea/vomiting.</li> <li>Fever/Chills within 24 hours after procedure. T &gt; 101°F.</li> </ol> <p><b>In addition:</b><br/>If polyp has been removed <b>DO NOT</b> take aspirin or aspirin-containing products (e.g., Anacin, Alka Seltzer, Bufferin, etc.) or non-steroidal anti-inflammatory drugs (e.g., Advil, Motrin, etc.) for _____ days unless otherwise advised by doctor. Tylenol or Extra Strength Tylenol is permitted.</p> |
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#### Bronchoscopy

- Do not eat or drink until \_\_\_\_\_.
- At that time, try sips of water first. If you are able to do so without gagging or coughing, you may eat and drink. If not, try again after 15 min.
  - Some blood streaked sputum is common in the first day or so after bronchoscopy, but your MD should be called if greater than 2-3 tablespoons is produced.
  - Call your MD if there is new or increased shortness of breath or new or unusual chest discomfort or T > 101°F

#### DISCHARGE INSTRUCTIONS:

- Your diet after the procedure: \_\_\_\_\_
- Medication Instructions: See Medication Reconciliation Form \_\_\_\_\_
- Special Instructions: \_\_\_\_\_
- Prescription given:  Yes  No
- Patient Education Literature given:  Yes  No
- Arrange for follow-up/test results: \_\_\_\_\_
- Physicians phone number and name: \_\_\_\_\_

If you have questions or problems contact your MD immediately. If you need immediate attention, call your MD, 911 and/or go to the nearest emergency room.

I understand and agree to these instructions.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

SIGNATURE OF PATIENT / RESPONSIBLE ADULT

SIGNATURE OF NURSE

PATIENT IDENTIFICATION

HEALTH SYSTEM  
**OUTPATIENT GASTROENTEROLOGY  
INSTRUCTIONS**

