

# DISCHARGE INSTRUCTIONS

## What to do Post-Procedure:

- If required, follow up appointments, X-rays and/or tests, will be scheduled through the GI physician's office.
- Refer to the medication reconciliation form for instructions on your medications, or if you have been instructed to take new medications.
- Drink plenty of fluids today and return to your regular diet unless otherwise recommended.

## What to expect/ Instructions after your procedure:

### COLONOSCOPY:

- **Cramps:** You might feel some gas or cramps for a few hours. Air or CO<sub>2</sub> was introduced into the colon during the procedure to open the colon for the physician to see.
- **Bleeding:** You might notice a few drops of blood on your underwear, or you might see blood on the toilet paper after using the bathroom. The presence of larger amounts of blood is not normal and should be reported to your physician immediately.
- **Bowel Movements:** You may not have a bowel movement for 1-3 days because of the colonoscopy prep or your stools may be loose for a few days after the procedure.

### GASTROSCOPY (EGD) OR ESOPHAGEAL DILATION:

- **Discomfort:** You may have a mild sore throat or hoarseness after the procedure. Cool beverages, a salt water gargle or throat lozenges may help.
- **Chest Pain:** You may experience mild chest discomfort (if chest discomfort increases with activity it could be heart related. Call your physician, call 911, or go to the nearest emergency room). Belching may relieve the feeling of fullness.
- **Bleeding:** You may cough blood-tinged mucus. Vomiting or larger amounts of blood tinged mucus are not normal and should be reported to your physician immediately.

### POLYPECTOMY:

- **Activity:** If a polyp has been removed from the colon, do not engage in heavy lifting greater than 10 pounds (1 gallon of milk is 8 pounds), straining, or exercise for the next 24 hours.
- **Medications:** Avoid taking Advil, Alka-Seltzer, Aleve, Bufferin, BC Powder, ibuprofen, Motrin or similar medication for 7-10 days or per physician request, as these drugs can thin your blood and contribute to post-procedure bleeding.
- **Blood Thinners:** Your physician will advise you when to restart blood thinners, if prescribed. Refer to the Medication Reconciliation form given to you after the procedure.

## ACTIVITY LEVEL:

### You may feel tired, especially during the first 24 hours

- Rest today, your reflexes and coordination can be altered by the sedation that you have received. Do not drive or operate machinery until tomorrow.
- Do not drink alcohol today.
- To prevent dizziness or falls, avoid bending at the waist to pick up objects or lifting until tomorrow.

## ANESTHESIA SIDE EFFECTS:

### Sedation risks and common side effects:

- **Nausea and/or vomiting** is not common but may occur from the medications used. This usually improves within a few hours. Drink small amounts of water or fluids until the nausea subsides; then progress to bland, easy to digest, foods. If nausea is excessive or continues for more than 24 hours, contact your physician.
- **Memory, drowsiness:** You may experience memory gaps from sedation. Do not make any important decisions or sign any legal documents on the day of your procedure.
- **IV Site:** Medication used for sedation can irritate your veins. If you notice redness, hardness or swelling at the IV site, apply a warm wet compress, until symptoms are relieved.

**CALL YOUR PHYSICIAN RIGHT AWAY** if you have any of the following or go to your nearest Emergency Room if unable to reach physician: (Please take all paperwork you received from the Center with you).

- **Trouble Breathing:** Difficulty breathing or productive cough.
- **Bleeding:** Bright, red bleeding greater than one tablespoon or black, tarry stools.
- **Pain:** Severe pain that worsens or is not relieved by passing air.
- **Vomiting:** Nausea or vomiting that is prolonged, or if unable to keep water down after several hours.
- **Infection:** Chills or fever over 101° F (39.1° C) which is not relieved by over-the counter fever reducers, such as acetaminophen/Tylenol. Any signs of infection, such as new-onset diarrhea or severe redness and/or discomfort at the IV site.

**DIGESTIVE**  
HEALTH CENTER OF ALLEN

**(214) 383-8210 | [www.dhcallen.com](http://www.dhcallen.com)**  
**981 State Hwy 121 | Suite 2100 | Allen, TX 75013**