



Patient: \_\_\_\_\_

## Endoscopy Home Care Instructions

MR# \_\_\_\_\_ D.O.S.: \_\_\_\_\_



### GENERAL INSTRUCTIONS

1. Do not drive a car or operate machinery for at least 12 hours.
2. You may return to work and usual activities tomorrow unless otherwise instructed by physician.
3. Notify your physician if the following symptoms occur:
  - a) Chills or fever within the next 24 hours.
  - b) Persistent nausea or vomiting.



### GASTROSCOPY AND/OR DILATATION

1. Do not drink or eat anything until numbness in throat is gone. Begin with sips of water then advance diet.
2. Your throat may be sore for about 24 hours. Treat with warm salt water gargles or throat lozenges.
3. Mild abdominal discomfort, bloating or unusual amounts of gas is common. If pain is severe, notify your physician.
4. Notify your physician of any chest pain, chills, fever or vomiting blood.



### BRONCHOSCOPY

1. Do not drink or eat anything until numbness in throat is gone. Begin with sips of water then advance diet.
2. You may be hoarse for about 24 hours and may cough more than usual for the next few hours. Treat with warm salt water gargles or throat lozenges.
3. You may cough up blood-tinged sputum for about 24 hours. This may occur if biopsies were taken.
4. Notify your physician of any chest pain, shortness of breath, wheezing or pain while breathing.



### COLONOSCOPY/FLEXIBLE SIGMOIDOSCOPY

1. You may have a small amount of bleeding with your first bowel movement. Notify your physician if more than a small amount is noted on the tissue or if you see drops of blood in the toilet.
2. Mild abdominal pain, bloating or unusual amount of gas is common. If pain is severe, notify physician.



### IF A POLYP WAS REMOVED

1. Do not lift, strain or engage in strenuous activities for 48 hours.
2. Avoid taking any products containing aspirin for 5 days.
3. Avoid eating fresh fruits and vegetables, nuts and popcorn for 48 hours. (Avoid abrasive foods - canned vegetables are permitted.)
4. Notify your physician if bright red bleeding occurs. A small amount of blood with the first bowel movement is not unusual, especially if hemorrhoids are present.
5. If requested by your physician, call his office for biopsy results.

Special Diet Instructions:

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If any problems call Dr. \_\_\_\_\_ at # \_\_\_\_\_

If unable to reach your physician with an urgent or severe problem, call the emergency room at \_\_\_\_\_

Special Instructions:

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I HAVE READ AND DISCUSSED THE ABOVE INSTRUCTIONS WITH THE NURSE/DOCTOR AND UNDERSTAND THEM

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Nursing Signature

Copy to Patient