

## **GENERAL GI DISCHARGE INSTRUCTIONS:**

You will receive a copy of personalized discharge instructions following your procedure. Your physician and nurses will discuss this with you prior to discharge. If you have any questions or concerns, please ask. **Your copy will be sent home with you for you to review & keep for your personal files.** You can also find additional information regarding your procedure, prep instructions and helpful hints to help prepare you for your visit at our website, [www.northhillsendoscopy.com](http://www.northhillsendoscopy.com).

**PAIN:** Your procedure(s) are for screening or diagnostic purposes. They will not relieve any pain you might be currently experiencing but will help your physician determine the cause. You should not experience any pain as a result of these procedure(s).

**ABDOMINAL SORENESS:** It's possible you may have some abdominal discomfort or soreness for up to 24 hours following a colonoscopy due to air being introduced to your colon during the procedure. If you have severe abdominal pain or swelling, call the office at 479-582-7280 Option 1.

**BLEEDING:** You might notice a few drops of blood on your underwear, or might see some blood on the toilet tissue after you use the bathroom. This is caused by irritation during the procedure and is not a problem. However, if you have heavy bleeding, black tarry stools, or if bleeding persists for more than three days after your procedure, call the center at 479-582-7280, Option 1

**EGD:** You may have a mild sore throat or hoarseness for 24-48 hours after this procedure. You may gargle with warm salt water, use throat lozenges, and/or take Tylenol to relieve the discomfort. You may also experience some belching as air is put into your stomach during this procedure.

**DIET:** Your diet is usually not restricted unless otherwise directed by your doctor. You may eat a light meal upon leaving the center and then return to a normal diet. We recommend not drinking alcohol for 24 hours following your procedure.

**MEDICATIONS:** Resume taking your medications as directed per your instructions.

**BIOPSY/TISSUE SAMPLE:** If biopsies or tissue samples are taken, you should receive a letter in the mail with your results within 2-3 weeks. **If you have not received your results at this point, please call your physician's office at 479-346-1850.**

**ANESTHESIA SIDE EFFECTS:** **We do not expect side effects from anesthesia, but a small percentage of patients may experience:**

- **NAUSEA AND VOMITING:** Nausea and vomiting is uncommon. Should you experience it, you may take small sips of water or ginger ale until it subsides. If it persists for more than 24 hours or you vomit blood notify your physician.
- **HEADACHE:** If you experience a headache, take Acetaminophen / Tylenol.
- **MEMORY:** Your decision-making skills and/or memory may be temporarily affected as a result of the medications administered during your procedure. You may experience memory gaps or confusion the day of your test. Do not return to work, conduct important business or sign any legal documents until the following day.
- **ACTIVITY:** You may feel tired, weak, and/or experience a lack of coordination as a result of the medications administered during your procedure. Do not drive any motor vehicle or operate any equipment until the following day.
- **IV:** If you have redness or swelling at the site of your IV, place a warm, wet washcloth over the affected area for 20 minutes, 3 to 4 times a day. If the symptoms persist for more than 2 days, contact our office at 479-582-7280, Option 1
- **POST PROCEDURAL RHINITIS:** On a rare occasion, you may experience sneezing and a runny nose after your procedure. You can try an over-the-counter antihistamine or steroid nasal spray along with increasing your water intake.
- **ASPIRATION:** Occasionally, liquid from your stomach may enter your lungs. This can result in excessive coughing during/after procedure. Aspiration is usually resolved by deep breathing and effective coughing. Rarely, antibiotics may be needed.

**Call your physician right away if you have any of the following after your procedure:**

- Any signs of infection, such as fever over 101, new-onset diarrhea or severe redness and/or pain at IV site lasting longer than 2 days.
- Excessive rectal bleeding with or without lightheadedness or black, tarry stools.
- Abdominal pain not relieved by passing air.
- Nausea or vomiting that is prolonged, or if unable to keep water down after several hours.
- New onset difficulty breathing with productive cough.
- **If you are experiencing severe chest pain, difficulty breathing, or any other emergency symptoms, call 911 or go to your nearest Emergency Room.**

If you have any questions or concerns, please call us at 479-582-7280, Option 1