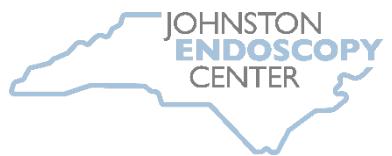


# PATIENT DISCHARGE INSTRUCTIONS



## Colonoscopy:

- You might feel gas or cramps for a few hours. This is because air was introduced into the colon during the procedure
- You should start to expel gas before you leave the center
- If you have cramping at home try walking or light/mild activity
- You might notice a few drops of blood on your underwear, or you might see blood on the toilet paper after using the bathroom. This is caused by irritation to the bowel during the procedure and is not a problem
- The presence of larger amounts of blood is not normal and should be reported to your physician immediately
- You may not have a bowel movement for 1-3 days because of the colonoscopy prep

## Gastroscopy:

- You may have a mild sore throat or hoarseness after the procedure. Cool beverages or a mild salt water gargle may help or try throat lozenges
- Belching may relieve the feeling of fullness

## Esophageal Dilation:

- You may have a sore throat, mild chest discomfort (if chest discomfort increases with activity, it may be heart related and call your physician, call 911 or go to the nearest emergency room) Again cool beverages or a soft diet are recommended
- You may cough or vomit blood-tinged mucus

## Polypectomy:

- 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
- You can take Acetaminophen or Tylenol for mild discomfort or headache
- Your physician will advise when you should take your blood thinners, if prescribed

## Activity Level:

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

## **If You Received Anesthesia, the Following Side Effects Can Occur:**

- Sedation risks and common side effects:
  - Nausea and/or vomiting, is not common but may occur from the medication(s) used
  - This usually improves within a few hours
  - Drink small amounts of water or ginger ale 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
  - If you experience a headache, you can take Acetaminophen/Tylenol
  - You may experience memory gaps from sedation
- Medication used for sedation can irritate your veins. If you notice redness, hardness or swelling at the IV site, apply warm soaks until symptoms are relieved

**❖ YOU MAY RECEIVE A SURVEY EVALUATING YOUR CARE AT JOHNSTON ENDOSCOPY CENTER**

**❖ Your feedback is very important to us**