ENDOSCOPY DISCHARGE INSTRUCTIONS

General Instructions:
1. 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.

2. 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.

<table>
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<tr>
<th>INSTRUCTIONS SPECIFIC TO PROCEDURES — REPORT TO THE PHYSICIAN ANY OF THE FOLLOWING:</th>
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<tr>
<td>Upper Endoscopy, ERCP, Dilatations,</td>
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<td>1. Pain in chest.</td>
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<td>2. Nausea/vomiting.</td>
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<td>3. Fever/chills within 24 hours after procedure, T &gt; 101°F.</td>
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<td>4. Severe and persistent abdominal pain or bloating.</td>
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<td>In addition: 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.</td>
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<tr>
<td>Colon/Sigmoidoscopy/Proctoscopy</td>
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<tr>
<td>1. Severe and persistent abdominal pain/bloating which does not subside within 2-3 hours.</td>
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<td>2. Large amount of rectal bleeding (some mucous blood streaking may occur, especially if biopsy or polypectomy was done or if hemorrhoids are present.</td>
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<tr>
<td>3. Nausea/vomiting.</td>
</tr>
<tr>
<td>4. Fever/chills within 24 hours after procedure, T &gt; 101°F.</td>
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<td>In addition: If polyp has been removed DO NOT take aspirin or aspirin-containing products (e.g., Anacin, Alka Seltzer, Buffered, 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.</td>
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Bronchoscopy
Do not eat or drink until
1. 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.
2. 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.
3. Call your MD if there is new or increased shortness of breath or new or unusual chest discomfort or T > 101°F

DISCHARGE INSTRUCTIONS:

1. Your diet after the procedure:
2. Medication Instructions: See Medication Reconciliation Form
3. Special Instructions:
4. Prescription given: □ Yes □ No
5. Patient Education Literature given: □ Yes □ No
6. Arrange for follow-up/test results:

                      
7. 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

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