

ENDOSCOPY ROUTINE DISCHARGE INSTRUCTIONS

check all applicable instructions

<p>1. DIET:</p> <p><input type="checkbox"/> You may eat and drink now</p> <p><input type="checkbox"/> DO NOT eat or drink until _____</p> <p><input type="checkbox"/> Liquid diet until _____ (<i>water, tea, etc.</i>)</p>	<p>2. ACTIVITY:</p> <p><input type="checkbox"/> You may resume normal activity tomorrow</p> <p><input type="checkbox"/> No heavy lifting or straining</p> <p><input type="checkbox"/> No driving or drinking alcohol until tomorrow</p> <p><input type="checkbox"/> No critical decision today</p>
<p>3. NORMAL THINGS TO EXPECT AT HOME AFTER AN EGD:</p> <p>A) Sore throat today [may use chloraseptic throat spray]</p> <p>B) Dizziness when standing or walking; if you feel dizzy, return home and rest for a few hours.</p> <p>C) Some abdominal cramps from "air" put into your stomach during your test. You should be able to pass gas within a couple of hours.</p> <p>D) Some tenderness at the site where you received your medication</p>	<p>AFTER YOUR EGD, CALL YOUR DOCTOR IF YOU EXPERIENCE:</p> <p>A) Severe stomach pain or swelling</p> <p>B) Fever or chills</p> <p>C) Chest pain</p> <p>D) Vomiting of blood</p> <p>E) Persistent nausea and/or vomiting</p> <p>F) Redness and pain at the injection site where you received your medication.</p>
<p>4. NORMAL THINGS TO EXPECT AT HOME AFTER A COLONOSCOPY:</p> <p>A) Some stomach swelling or bloating. This is due to the "air" used during the procedure. [You should be able to pass gas through your rectum and feel comfortable in a few hours.</p> <p>B) Some dizziness when standing or walking. Return home and rest until the effects of the medicine which you and rest until the effects of the medicine which you received at the hospital has worn off [which usually occurs in a few hours].</p> <p>C) Some tenderness at the site where you received your medication.</p>	<p>AFTER YOUR COLONOSCOPY, CALL YOUR DOCTOR IF YOU EXPERIENCE:</p> <p>A) Severe stomach cramps or bloating, and can't pass gas.</p> <p>B) Fever or chills</p> <p>C) Rectal bleeding</p> <p>D) Persistent nausea and/or vomiting</p> <p>E) Redness and pain at the injection site where you received your medication.</p>
<p>5. NORMAL THINGS TO EXPECT AT HOME AFTER A COLONOSCOPY & POLYP REMOVAL:</p> <p>A) Some streaks of blood in your stool</p> <p>B) Some stomach cramps and bloating</p> <p>C) Some dizziness when standing, caused by the medication you received at the hospital. It will wear off in a few hours. If you become dizzy, rest in bed.</p>	<p>AFTER YOUR COLONOSCOPY & POLYP REMOVAL, CALL YOUR DOCTOR IF YOU EXPERIENCE:</p> <p>A) Rectal bleeding</p> <p>B) Severe abdominal pain and stomach swelling</p> <p>C) Fever and chills</p> <p>D) Persistent nausea and/or vomiting</p>
<p>FOLLOW UP APPOINTMENT:</p>	
<p>APPT DATE:</p>	

I HEREBY ACKNOWLEDGE RECEIPT OF THE INSTRUCTIONS INDICATED ABOVE. I UNDERSTAND THAT I MUST FOLLOW THESE INSTRUCTIONS, AND CALL MY PHYSICIAN IF I HAVE ANY PROBLEMS. I WILL ARRANGE MY FOLLOW-UP CARE.

PATIENT'S SIGNATURE:	DATE:	NURSE'S SIGNATURE:	DATE:
----------------------	-------	--------------------	-------