

**1. For the next 24 hours:**

- \* Do not drive a car or do anything that requires alertness.
- \* Do not stay by yourself or drink any alcohol.
- \* Do not make important legal or business decisions.

*Your alertness, memory and balance may be impaired today due to the sedation give for your procedure.*

**2. Notify your physician if you experience any of the following:**

- \* Severe abdominal pain and /or swelling
  - \* Fever greater than 101.5
  - \* Vomiting repeatedly or vomiting blood
  - \* Black tarry stools
  - \* Rectal bleeding of amount greater than 2 tablespoons
  - \* Redness, tenderness and swelling at IV site that lasts for more than 48 hours
- Chest pain \* Shortness of breath \* Rapid Heartrate.... Call 911**

*It is not uncommon after a Colonoscopy or after the first bowel movement to see a small amount of blood from the rectum or after an endoscopy or esophageal dilatation to see a small amount of blood in the sputum or to have a sore throat.*

*Please call you physician if you have problems. If you need a physician after hours, call the office and an answering service will help you locate the physician on call. If you are unable to reach a physician but feel your condition warrants a doctor's attention, go to an Emergency room near you.*

**3. Follow the instructions below:**

\_\_\_\_\_ You may resume normal activities tomorrow.  
\_\_\_\_\_ You first meal should be very light and non greasy (ex. soup and crackers).  
Your second meal can  
\_\_\_\_\_ be normal but avoid greasy, spicy or heavy foods. Regular diet day after procedure.

**4. If you have polyps/biopsies removed, follow the instructions below for 5 7 10 14 days:**

\_\_\_\_\_ No strenuous activity, heavy lifting, climbing, pushing, pulling, contact sports, or long trips.

\_\_\_\_\_ No aspirin/aspirin products and no NSAID's (non-steroidal anti inflammatory drugs such as motrin, ibuprofen, advil, aleve, naprosyn, etc.) You may take tylenol if needed for pain. No multivitamins.

\_\_\_\_\_ No alcoholic beverages.

**5. If you had biopsies, polyps removed, or other tests, your results will be ready in 7 to 10 days.\_**

\_\_\_\_\_ Office will notify you of results.\_

**6. If your esophagus was dilated:** \_\_\_\_\_ Clear liquids today. (No milk, or milk products, No juices with pulp)

\_\_\_\_\_ Full liquids today. (Anything that is liquid at room temperature)

\_\_\_\_\_ Soft foods for \_\_\_\_\_ days.

\_\_\_\_\_ No meat, bread, nuts, or chips for 3 days.

*I, or other significant other, have be given and can verbalize these instructions.*