



**DAY SURGERY UNIT
 DISCHARGE INSTRUCTIONS AFTER ENDOSCOPIC
 PROCEDURE**

**THIS FORM MUST BE COMPLETED AND SCANNED
 BEFORE PATIENT LEAVES HOSPITAL**

1. If you have had sedation or general anesthetic, for the next 24 hours
DO NOT
 - drink alcohol
 - take sleeping pills or other medication that may cause drowsiness
 - drive a motor vehicle, operate machinery or perform activities requiring coordination
 - make important decisions
2. A responsible adult must be available to stay with you and check on your condition frequently for the next 24 hours.
3. You may resume a normal diet, although we suggest a light diet for the remainder of the day of surgery.
4. Resume all preoperative medication
 Other: _____



COMMON SIDE EFFECTS & POTENTIAL COMPLICATIONS

The following side effects are normal and should pass:

- Discomfort and/or bruising at the IV site
- Light bleeding or streaks of blood in stool on the day of and for a few days after the procedure
- Bloating and/or abdominal cramping from insertion of air during the procedure
- Dehydration
- Headache
- Soft or abnormal bowel movements
- Light-headedness or drowsiness

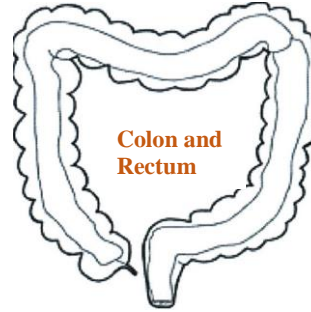
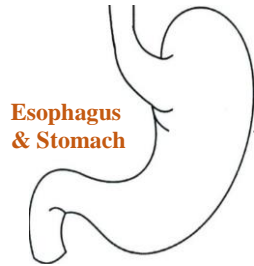
If you experience any of the following symptoms go to the closest emergency department:

- Rectal bleeding-other than minor spotting (e.g., bloody, black, or tarry stools)
- Severe abdominal pain or bloating that does not pass
- Fever greater than 38°C
- Chest pain
- Difficulty breathing or swallowing
- Vomiting blood



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1. **PROCEDURE:** Gastroscopy Colonoscopy
2. **FINDINGS:** Polyps Diverticulosis Other _____

Description: _____

3. **INTERVENTIONS:** Biopsy Polypectomy

Additional Details: _____

4. **RECOMMENDATION:**

- Follow-up with your primary care provider
- Repeat colonoscopy in _____
- Call the Surgeon's office to book a follow-up appointment
- You will be contacted with the results of the pathology
- _____

If you are in doubt about your instructions, call your Surgeon at: _____