



COLONOSCOPY & UPPER ENDOSCOPY

Discharge Instructions

- 1.** Take all of your prescription medication as directed.
- 2.** Call the physician's office for follow-up visit according to the result letter or instruction by the physician (703) 723-3670.
- 3.** If you had a colonoscopy, you may feel bloated after the procedure because of air that was introduced during the examination. If having a hard time passing gas lie down and turn side to side, then turn on left side and bring right leg up to chest. Repeat as needed.
- 4.** If you had an upper endoscopy, your throat may be a little sore for a few hours. You may also feel bloated for a few minutes right after the procedure because of the air that was introduced to examine the stomach.
- 5.** Call your physician if you notice:
 - Fever or chills.
 - Abdominal pain.
 - Nausea or vomiting.
 - Bleeding or black stools.
 - Any unusual pain or problem.
 - Pain or redness at the site where the intravenous needle was placed.
- 6.** Rest. During your procedure you were given sedatives that may make you feel tired.
- 7.** Do not drink alcohol for 24 hours. Alcohol increases the effect of the sedatives given. The combination of alcohol and the sedation has an unpredictable effect on your body that is potentially dangerous to your health.
- 8.** Do not drive or operate machinery for 24 hours. Driving or operating machinery takes concentration and the ability to respond rapidly; the sedative adversely affects both. State law prohibits driving under the influence of drugs. If you have an engagement that cannot be cancelled, we advise that you have someone drive you.
- 9.** Do not sign contracts or legal documents for 24 hours. The sedatives slow down your body and your mind. Your ability to objectively evaluate may be impaired,
- 10.** Drink 6-8 glasses of water to help flush out the anesthesia.

Pathology Results

You will receive your pathology results in 2-3 weeks. All patients receive their results through the mail. You will be informed about the biopsies, any follow-up instructions and when you should plan to have another endoscopy performed. If there is any urgency, we will contact you by phone. To access your results electronically, please use Follow My Health through our patient

portal. If you do not have a registered account, visit our website (www.loudounslcenter.com) and click the “Contact Us” tab. Please be sure to include your email, full name and date of birth with your message.

RESTRICTIONS ON ACTIVITY: Do not drive any vehicle until tomorrow. Someone should drive you home from the facility and escort you all the way to your residence. This is very important because all drugs, including sedatives and anesthetics agents slow your reaction time. Even though you may think your reactions are normal, they may be affected. Do not make critical decisions or do anything that requires you to be alert or coordinated until the next day.

DIET: Eat and drink normally unless otherwise instructed. Greasy and spicy foods are not advisable for today. Do not drink alcoholic beverages for the next 24 hours. Colonoscopy and flex sig. patients should avoid gas producing foods.

Symptoms to watch for and report to your physician:

ESOPHAGOGASTRODUODENOSCOPY (EGD, *upper endoscopy*):

1. Chills or fever within 24 hours of your procedure
2. Pain in chest
3. SEVERE abdominal pain or vomiting
4. SEVERE or persistent nausea or vomiting
5. If biopsy taken call physician office for follow-up visit according to the result letter or instruction by the physician (703) 724-9792
6. If prescription was given take as ordered

Treatment for common after effects:

Sore throat—treat with throat lozenges; gargle with warm salt water
Mild abdominal pain and bloating; rest and take oral liquids

COLONOSCOPY, FLEXIBLE SIGMOIDOSCOPY

1. SEVERE abdominal pain or bloating
2. Fever or chills within 24 hours of procedure
3. A large amount of rectal bleeding (greater than one tablespoon) A small amount from the rectum is not serious, especially if hemorrhoids are present
4. Call the physician’s office for follow-up visit according to the result letter or instruction by the physician (703) 724-9792
5. If prescription was given take as ordered

If a polyp has been removed or biopsy taken:

Avoid taking aspirin and other NSAIDS (such as: Motrin, Advil, Excedrin, Aleve, Ibuprofen, etc.) for the next 3-4 days, unless otherwise instructed by your physician May take Tylenol for minor aches and pains

INFRARED COAGULATION treatment of hemorrhoids (IRC)

1. SEVERE pain, bleeding, infection, or return of the hemorrhoids
2. Chills or fever within 24 hours of your procedure

Treatment for common after effects:

It is very important that you maintain a high bulk diet (a lot of fruits, vegetables, bran, etc.) so that your stool remains soft

Drink at least 6-8 glasses of water per day

Sit in a hot bath for 20-30 minutes 3-4 times per day