



Southwest Endoscopy LTD.
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Southwestgi.com

Discharge Instructions

IF YOU SHOULD HAVE PAIN, BLEEDING OR FEVER YOU SHOULD NOTIFY YOUR DOCTOR IMMEDIATELY.

You may not drive at all on the day of your procedure. You are expected to arrange for transportation with a friend or family member.

Sedation/narcotics may affect your judgment. Important decisions should be postponed for the remainder of the day.

Avoid strenuous activity today. You may resume normal activity tomorrow.

It is recommended that you avoid alcoholic beverages for the remainder of the day.

You may feel drowsy and sleepy following your endoscopy.

Tenderness, swelling, or pain may occur at the IV site where you received sedation. If you experience this, apply ice wrapped in a towel or cloth to the area for 30 minutes two or three times the first day. If you are still sore the next day, apply a warm, moist cloth to the area for 30 minutes two or three times during the day. If the discomfort continues, please call your physician at 505-999-1600.

Tylenol (Acetaminophen) is permitted.

Colonoscopy: You may feel bloated after your exam. This is normal and will usually pass after a short time. Walking will also help in getting rid of the gas.

Colonoscopy: You may not have a normal bowel movement for approximately three days.

Upper GI Endoscopy: If your throat feels sore after you get home, you may gargle with warm saltwater, use lozenges, have cold drinks or popsicles to relieve any discomfort.

Your doctor will be providing you with additional recommendations specifically relating to the results of your procedure.

If you have any questions regarding the above instructions, please call our office at (505) 999-1600.