

What to expect during your recovery

Please refer to your Patient Discharge Instructions for information regarding restriction of activity and diet.

If you have any problems or questions, please call Salem Gastro at **(503) 399-7520**.

For immediate emergency assistance call 911.

SalemEndoscopy

Where caring is standard procedure.™

SalemGastro

Digestive Health Specialists



What to do if you have **pain** as a result of your procedure:

Some ways to control pain include prescription medicine, over-the-counter pain relievers as advised by your doctor, or heat / ice packs.

Notify the Doctor if you have severe abdominal or chest pain.

What to do if you have **nausea or vomiting**:

Stay hydrated with small sips of clear liquids, avoid spicy or rich foods, try a bland diet (saltine crackers or plain bread), try eating a small meal before returning to a regular diet.

Notify the Doctor if you have persistent nausea, vomiting or vomiting with blood



What to do if you have **bleeding** as a result of your procedure:

Notify the Doctor if you pass more than 2-3 tablespoons of blood by rectum

What to do if you have possible **signs of infection**:

Possible signs of infection include fever, swelling, heat, drainage or redness.

Notify the Doctor if you notice chills and/or fever over 101 or IV site becomes infected or is painful

Thank you for allowing us to help with your care. If any other questions or issues arise, please do not hesitate to call us.

Our phone number is 503-399-7520.