



Patient ID sticker here

SALEM ENDOSCOPY CENTER DISCHARGE INSTRUCTIONS

Upper Endoscopy Colonoscopy Flexible Sigmoidoscopy Other _____

You have had a GI endoscopy procedure today. To help your recovery and limit complications, please

FOLLOW THE MARKED INSTRUCTIONS BELOW.

Restriction of activity

- The intravenous sedation you have received will slow your reflexes and affect your judgment.
- Do not drive a car, operate equipment, or work around sharp objects until the day after the procedure.
- Do not make important decisions or sign important papers for at least 24 hours.
- Do not drink alcoholic beverages for 24 hours.
- The day following your procedure: Resume full activity.

Diet

- You may eat and drink normally one hour after procedure.
- Stay on mechanical soft diet. Avoid dry meats and roughage. Food should be well chewed and smaller than 1/2 a sugar cube in all dimensions prior to placing in mouth.
- Other: _____

Treatment for Common Effects

- Upper endoscopy - Sore Throat: Throat lozenges or gargle with warm salt water.
- Colonoscopy/Sigmoidoscopy - Bloating, excess gas, or mild abdominal discomfort: rest, eat lightly, and use a heating pad.
- Please resume pre-procedure medications.
- During the next week, please avoid any medication containing aspirin, Ibuprofen, Naproxen, or any similar medication. Acetaminophen (Tylenol) is okay to take (less than 4 gm daily)
- Please resume pre-procedure medications with the exception of: _____

Notify Doctor if you have any of the following:

- Fever or chills.
- Severe abdominal pain or new chest pain.
- Spitting up or vomiting blood.
- Passing blood by rectum (2-3 tablespoons is okay).
- If IV site becomes infected or is painful.

- Follow up in clinic. The clinic will contact if an appointment is not already scheduled.
- Additional tests have been recommended. The clinic will contact you to schedule.
- Your physician will contact you with biopsy results within a few weeks.
- New prescription has been sent to your pharmacy.
- Small temporary metal clip was placed during your procedure today. If you have an MRI exam in the future, please notify X-ray staff.

Other Comments _____

If you have any problems or questions please call
503-399-7520

Salem Hospital Emergency Room
503-814-1122

I have read the above instructions and understand them.

Patient/Responsible Person

Instructor