

CENTER FOR DIGESTIVE HEALTH

General Post-Procedure Instructions

Due to the long acting effects of the sedation you will receive during your procedure, we advise you **NOT** to drive a car, operate any machinery, consume alcohol, or return to work for at least twelve (12) hours.

You may resume your regular diet unless otherwise directed. Be sure to drink any 8 ounce liquid every 1-2 hours while awake for the rest of the day. If you have a heart, kidney, or liver problem drink 4 ounces of liquid every 2-3 hours for the rest of the day while awake.

Gaseous discomfort is normal and expected immediately after your examination. Passing gas and belching is normal. Bending and flexing your knees while lying down may help relieve the gas. A heating pad (on low setting) on your abdomen may also help you feel comfortable.

You may develop a lump and/or redness at the site where your medications will be given during the procedure. If the area is tender apply a warm compress (washcloth soaked in warm water) to the area for about 10 minutes, 4 times a day, for two or three days. If pain, redness, or swelling lasts for more than 4 days please report this to your physician.

If the Physician has taken a biopsy during your procedure you will be made aware of this prior to your discharge from the Center. Biopsy results are usually available within one week. If you do not hear from the Physician's Office in one week, call **563-383-2686**.

Notify your Physician *immediately* if you develop any of the following: **severe pain, black or tarry stools, rectal bleeding, vomiting blood, or temperature over 100.4 degrees.**

A Physician may be reached 24 hours a day, 7 days a week by calling **563-383-2686**.

Resume routine activity in the morning following your procedure.

A copy of these instructions, along with your Doctor's findings and recommendations will be given to you prior to your discharge.