

# Going Home after your Endoscopic Procedure

## Today you have had a:

- Gastroscopy
- Colonoscopy
- Flexible Sigmoidoscopy

There are a few things you need to watch for after you go home.

## EATING

You may eat normally, unless otherwise directed by your doctor. If you had a Gastroscopy, take a few sips of water before you start eating to make sure your throat isn't still frozen.

## MEDICATION

Continue with your regular medications, unless otherwise directed by your doctor.

## SEDATION

If you were given sedation (medications to help you relax) during your procedure, for a period of 24 hours, you must not:

- Drive
- Operate machinery
- Drink any alcohol
- Make any major legal decisions

## STOMACH AND ABDOMINAL DISCOMFORT

You may experience some stomach/abdominal discomfort, and/or nausea, which is most likely due to the air that was put into your bowel during your scope. As you pass the gas, the abdominal discomfort will gradually go away. Walking and moving will help to pass the gas.

**YOU HAD A BIOPSY OR POLYP REMOVAL**     **from your stomach**     **from your bowel**

If you have had a biopsy or polyp removed from your bowel, you may notice some blood in your stool for the next few days. If you pass a large amount of blood in your stool, call the doctor who did your scope or go to the nearest emergency department.

## FOLLOW-UP

\_\_\_ No follow up appointment needed

\_\_\_ Yes - call Dr. \_\_\_\_\_ to arrange a follow up appointment

## EMERGENCY SITUATIONS

Call the doctor who did your Scope or go to the nearest emergency department if you experience any of the following:

- Vomiting
- Severe abdominal pain
- Fever and/or chills
- Chest or stomach discomfort that does not go away or gets worse