

This page is for patients who have received any endoscopy procedures at BWC Endoscopy Center- this includes Upper Endoscopy (or EGD), EGD with dilation, Colonoscopy or Flexible Sigmoidoscopy.

Discharge Instructions

1. If you received sedation for your procedure, although you may feel alert, your reflexes and judgment are impaired. You should not drive, operate machinery or make any legal decisions for 24 hours. Please have a responsible person with you until the following day. You should go home and rest. You may be sleepy for 4-6 hours after the procedure. Be careful as you walk or climb stairs.
2. An intravenous (in the vein) needle was used to give you the sedation medicine. It may cause local irritation that makes the site in your arm or hand red and/or sore. Applying a warm washcloth to the site 2-3 times a day for 15 minutes should help.
3. You may experience nausea and vomiting when you first eat. This should subside fairly quickly. You may begin with liquids and progress to light food when fully awake. If you tolerate light food, return to your normal diet.
4. For Colonoscopy/Sigmoidoscopy/Polypectomy: Fullness and gas are to be expected after your procedure. A small amount of blood (less than 2 tablespoons) is not unusual. Mild activity (walking inside) will help to pass the gas.
5. For Upper Endoscopy (EGD): A sore throat is not unusual and should subside within 24 hours. Warm salt water gargles or throat lozenges may help.
6. Esophageal Dilation: You may have some blood tinged mucus and/or slight discomfort or soreness in your chest. This should subside within a few hours.

CALL 937-0231 for ANY of the following symptoms (after hours 962-8000 for GI doctor on call)

- **A large amount of blood (greater than 2 tablespoons)**
- **Severe abdominal pain**
- **Nausea and vomiting that does not subside**
- **IV site remains red, swollen, draining, sore for longer than 24 hours**
- **Chest pain**
- **Fever greater than 101 F**

DO NOT DRINK ALCOHOL FOR 24 HOURS

If biopsies were taken, we will contact you with results within 10 days.

Please see the Discharge Instructions form given to you at your discharge. In most cases, the escort is present for these instructions and signs the form.