

# YOUR RECOVERY - WHAT TO EXPECT

## Patient Discharge Instructions

At **Central Texas Endoscopy Center**, our team cares about you and wants to make sure you understand what to expect during your recovery.



### PAIN

Your procedure was for screening or diagnosis and may help find what is causing your pain, but won't cure it.

- You may have discomfort or cramps following your procedure due to the air put into the GI system, but if this is not relieved by passing gas or the discomfort turns into pain, call your physician (please see opposite page for details).



### NAUSEA OR VOMITING

Nausea and/or vomiting is not common but may occur from the medication used and normally improves within a few hours .

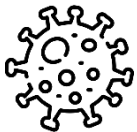
- Drink small amounts of water or ginger ale until the nausea subsides, then progress to bland, easy to digest food.
- If nausea is excessive or continues for more than 24 hours, call your physician.



### BLEEDING

We do not expect you to have excessive bleeding as a result of your procedure, however:

- You may notice a few drops of blood in your underwear or on the toilet paper after using the bathroom. This is not a cause for concern.
- The presence of larger amounts of blood is not normal and should be reported to your physician immediately.



### INFECTION

Infection is not common following these types of procedures, however, possible signs of infection may include:

- Chills or temperature over 101° F. If this should occur, take over the counter medications such as acetaminophen/Tylenol. **If directed, avoid Aleve, ibuprofen and aspirin.**
- Redness, pain, swelling, discomfort or bruising at the IV site. If this should occur, apply warm compresses.



### WHEN TO CALL YOUR DOCTOR

**CALL YOUR PHYSICIAN RIGHT AWAY if you have any of the following, or go to the nearest emergency room if unable to reach your physician. (Please remember to take all paperwork you received from the center with you).**

- **Trouble breathing** – difficulty breathing or productive cough
- **Pain** – severe pain that worsens or is not relieved by passing air
- **Vomiting** – Nausea or vomiting that is prolonged, or if unable to keep water down after several hours
- **Bleeding** – bright, red bleeding greater than one tablespoon or black, tarry stools
- **Infection** – chills or fever over 101° F (39.1° C) which is not relieved by over-the-counter fever reducers such as acetaminophen/Tylenol. Any signs of infection, such as new onset diarrhea or severe redness and/or discomfort at the IV site

**If you have any questions or concerns, call your GI physician at 979-776-4600 or contact Central Texas Endoscopy Center at 979-774-4211.**

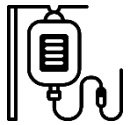
# AFTER YOUR PROCEDURE

## Patient Discharge Instructions



### POST-OP INSTRUCTIONS

- If required, post-procedure X-rays or tests will be scheduled through the GI physician's office.
- Refer to medication reconciliation form for instructions on your medication, or if you have been instructed to take new medications.
- Drink plenty of fluids today and return to your regular diet unless otherwise recommended.
- Your physician's office will contact you with pathology **results in 7-10 days**. Results also found on your patient portal.



### ANESTHESIA REMINDERS

Sedation risks and common side effects:

- **Memory, drowsiness** – you may experience memory gaps from sedation. Do not make any important decisions or sign any legal documents on the day of your procedure. Do not take any over the counter cough or allergy remedies for 24 hours unless prescribed by your doctor.
- **IV Site** – Medication used for sedation can irritate your veins. If you notice redness, hardness or swelling at the IV site, apply warm wet compress until symptoms are relieved.



### ACTIVITY

You may feel tired, especially during the first 24 hours

- Rest today – your reflexes and coordination can be altered by the sedation
- Do not drive or operate machinery until tomorrow
- Do not drink alcohol today

## ADDITIONAL PROCEDURE SPECIFIC INFORMATION

### COLONOSCOPY

- **Cramps** – You may feel some gas or cramps for a few hours. CO2 was introduced into the colon during the procedure to open the colon for the physician to see. You may need to expel gas to relieve the fullness or cramping. Walking can also relieve cramping you may have.
- **Bowel Movements** – You may not have a bowel movement for 1-3 days because of the colonoscopy prep or your stools may be loose for a few days after the procedure.

### GASTROSCOPY (EGD) OR ESOPHAGEAL DILATION

- **Discomfort** – You may have a mild sore throat or hoarseness after the procedure. Cool beverages or a mild salt water gargle may help, or try throat lozenges. Belching may relieve the feeling of fullness.
- **Chest Pain** – You may experience mild chest discomfort. Belching may relieve the feeling of fullness. **If chest discomfort increases with activity it could be heart related. Call your physician, call 911 or go to the nearest emergency room.**
- **Bleeding** – You may cough or vomit blood-tinged mucus. Larger amounts of blood is not normal and should be reported to your physician immediately.

### POLYPECTOMY

- **Activity** – If a polyp has been removed from the colon, do not engage in heavy lifting greater than 10 pounds (a gallon of milk is 8 pounds), straining or exercise for the next 24 hours.
- **Medications** – Unless otherwise directed, avoid taking aspirin or aspirin-containing products: Advil, Alka-Seltzer, Aleve, Bufferin, Ibuprofen, Motrin or similar medications as these drugs can thin your blood and contribute to post-procedure bleeding.
- **Blood Thinners** – Your physician will advise you when to restart blood thinners, if prescribed. Refer to the Medication Reconciliation form given to you after the procedure.