



GREATER LANSING

ENDOSCOPY DEPARTMENT DISCHARGE INSTRUCTION

1) YOU HAVE HAD THE FOLLOWING PROCEDURES PERFORMED TODAY:

- Colonoscopy
- Flexible Sigmoidoscopy
- Upper Endoscopy
- ERCP with: — Sphincterotomy  
— Stone Removal  
— Stent Placement
- Polypectomy
- Biopsy
- Dilation

FINDINGS:

OFFICE FOLLOW UP:

REPEAT PROCEDURE IN: \_\_\_\_\_

- Diet Instructions:
- Nothing by mouth for \_\_\_\_\_ hours.
  - Resume regular diet
  - Soft low residue diet for \_\_\_\_\_
  - No alcohol, caffeine, chocolate, coffee, cola, nicotine, onions, tomato sauce, mints
  - High fiber diet \_\_\_\_\_

- Restrictions:
- If polypectomy performed, avoid aspirin or aspirin like products (including Nuprin, Ibuprofin, Motrin, Advil) for two weeks after the procedure. Take Tylenol if needed.
  - Other \_\_\_\_\_

- Prescriptions:
- Resume previous medications
  - Other \_\_\_\_\_

• Following sedation your judgment, perception and coordination are considered impaired for up to twenty-four hours after leaving the surgery center.

- ◇ Do not drive or operate appliances or machinery that require quick reaction time.
- ◇ Do not sign legal documents or be involved in work decisions.
- ◇ Do not smoke or drink alcoholic beverages.
- ◇ Plan to spend the remainder of the day resting.

PLEASE CALL YOUR PHYSICIAN IF YOU EXPERIENCE ANY OF THE FOLLOWING.  
IF UNABLE TO CONTACT YOUR PHYSICIAN PLEASE REPORT TO THE NEAREST EMERGENCY ROOM.

**For Upper Endoscopy**

- ◇ Difficulty swallowing or breathing
- ◇ Neck swelling
- ◇ Excessive Pain
- ◇ Nausea, Vomiting, Fever more than 101°

**For Colonoscopy/Sigmoidoscopy**

- ◇ Severe abdominal pain
- ◇ Rectal bleeding more than 2 Tablespoons
- ◇ Nausea or Vomiting
- ◇ Fever more than 101°

OTHER INSTRUCTIONS:

Physician

Date

Nurse

Person receiving information

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