



GREATER LANSING

Endoscopy Department Outpatient Procedures

What to expect after you are discharged:

Colonoscopy of Sigmoidoscopy

What's normal?

- It is natural to experience some discomfort after your procedure.
- You may experience abdominal bloating, gas, or cramping due to the air put in your bowel during the procedure to help with visualization.
- Sometimes you may continue to have some liquid stools. On the other hand, you may not have a bowel movement for a day or two.
- You may also feel euphoric or very sleepy (or completely normal). You are NOT allowed to drive today, no matter how you feel!
- You may see some blood spotting on the toilet tissue
- If you do experience any of these symptoms, they should be mild and you can expect to return to your normal state in 1–2 days.

What's not normal, and what do to:

- **Fever** more than 100 degrees F, **difficulty breathing** (signs of infection) *Call you doctor.*
- **New severe pain** not relieved by Tylenol *Go to the Emergency Dept.*
- **Rectal bleeding** more than a tablespoon *Go to the Emergency Dept.*
- **Nausea or vomiting** that does not subside in 2–3 hours *Go to the Emergency Dept.*

EGD – upper endoscopy – ERCP

What's normal?

- It is normal to experience a mild sore throat or jaw tenderness.
- You may also feel euphoric or very sleepy (or completely normal). You are NOT allowed to drive today, no matter how you feel!
- If you do experience any of these symptoms, they should be mild and you can expect to return to your normal state in 1–2 days.

What's not normal, and what do to:

- **Fever** more than 100 degrees F, **difficulty breathing** (signs of infection) *Call you doctor.*
- **New severe pain** not relieved by Tylenol *Go to the Emergency Dept.*
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- **Nausea or vomiting** that does not subside in 2–3 hours *Go to the Emergency Dept.*

Note: These instructions are given to you now—before you are sedated—so that you can read through them and know what to expect. You will receive your very own individual discharge instructions from your doctor and your nurse in the Recovery Room that will include this information again, and more.

If you have any questions about these instructions, though, feel free to ask.

NOT A CHART FORM