



COLONOSCOPY/EGD AFTERCARE INSTRUCTIONS:

- Today, rest at home with an adult present
- Do not drive, operate machinery or make critical decisions for 24 hours
- Do not drink alcohol for 24 hours
- Your provider may have you hold some of your medications (Aspirin, Ibuprofen, NSAIDS, etc.) to avoid bleeding, otherwise you can resume your regular medications as prescribed.
- You may eat upon discharge. First start with a few sips of water. If there is no choking or coughing you may begin solid food. Stay on a low residual diet for 1 week after your procedure. You may not have a bowel movement for 2-3 days due to the prep (this is normal).
- You may have a sore throat for 24-48 hours, use throat lozenges or gargle warm salt water. A little bloody sputum (spit) is common, and because air was put into your stomach during the procedure, you may have some belching (burping).

SYMPTOMS THAT REQUIRE ATTENTION:

- Chills or fever greater than 100 degrees F
- Pain in your chest or shortness of breath
- Severe abdominal pain, other than gas cramps
- Blood in your stool (more than 2 tablespoons), black or 'coffee ground' stools
- Persistent vomiting, vomiting blood, or a large amount of blood in sputum (spit)

If any of the above occurs, we can be reached 24 hours a day 7 days a week by calling the main office number at 932-3730. If after normal business hours, have the answering service page the on-call provider.

PATHOLOGY RESULTS

- If polyps or biopsies were removed, you will receive a call or letter from our office in 10 working days and a copy will be sent to your referring physician. Please call the office if you don't hear from us.