

Endoscopy/ EGD Patients

The following are general discharge instructions that apply to most patients. After your procedure is complete, you will be given printed discharge instructions written specifically for you. The doctor will also include pictures from the exam, instructions for follow-up care, and a phone number to contact the doctor should you have any questions/concerns. The nurse caring for you will review discharge instructions with you during your stay in the endoscopy department.

1. If tolerated, consume a soft, low fiber diet for 1-2 days or follow any special diet recommended by your physician.
2. Do not drive, drink alcohol, operate machinery, make critical decisions, or do activities that require coordination or balance for 24 hours.
3. You may experience a sore throat for 24 to 48 hours. You may use throat lozenges or gargle with warm salt water to relieve the discomfort.
4. Because air was put into your stomach during the procedure, you may experience some belching.
5. Go directly to the emergency room if you notice any of the following:
 - Develop chills (warm to touch), or if you have a thermometer and your temperature is above 101
 - Difficulty breathing or difficulty swallowing
 - Persistent vomiting or vomiting with blood/nasal regurgitation
 - Severe abdominal pain, other than gas cramps
 - Severe chest pain
 - Black, tarry stools
6. Call your physician if the site where your intravenous was started becomes red, swollen, painful, and warm to touch.
7. Your physician has reviewed your preprocedure medications. Please continue to take those medications as previously ordered. You will be given specific information/education regarding any changes to your medications before leaving.