

**COLONOSCOPY & UPPER ENDOSCOPY
Discharge Instructions**

1. Take all of your prescription medication as directed.
2. Make an appointment with your doctor to be seen in two weeks from the date of your procedure.
3. If you had a colonoscopy, you may feel bloated after the procedure because of air that was introduced during the examination.
4. If you had an upper endoscopy, your throat may be a little sore for a few hours. You may also feel bloated for a few minutes right after the procedure because of the air that was introduced to examine the stomach.
5. Call your physician if you notice:
 - Fever or chills.
 - Abdominal pain.
 - Nausea or vomiting.
 - Bleeding or black stools.
 - Any unusual pain or problem.
 - Pain or redness at the site where the intravenous needle was placed.
6. Rest. During your procedure you were given sedatives that may make you feel tired
7. Do not drink alcohol for 24 hours. Alcohol potentiates the effect of the sedatives given. The combination of alcohol and the sedation has an unpredictable effect on your body that is potentially dangerous to your health.
8. Do not drive or operate machinery for 24 hours. Driving or operating machinery takes concentration and the ability to respond rapidly; the sedative adversely affects both. State law prohibits driving under the influence of drugs. If you have an engagement that cannot be cancelled, we advise that you have someone drive you.
9. Do not sign contracts or legal documents for 24 hours. The sedatives slow down your body and your mind. Your ability to objectively evaluate may be impaired,

Patient or a family member must express an understanding of the above information.

Signature of patient or family member

Date

Signature of Staff Member *

* Put a copy of this form
in the patient's chart.