

**SALEM ENDOSCOPY CENTER**  
**DISCHARGE INSTRUCTIONS**

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Upper Endoscopy                       Colonoscopy                       Other \_\_\_\_\_

You have had a GI endoscopy procedure today. To help your recovery and limit complications, please

**FOLLOW THE MARKED INSTRUCTIONS BELOW.**

**Restriction of activity**

The intravenous sedation you have received will slow your reflexes and affect your judgment.

1. Do not drive a car, operate equipment, or work around sharp objects until the day after the procedure.
2. Do not make important decisions or sign important papers for at least 24 hours.
3. Do not drink alcoholic beverages for 24 hours.
4. The day following your procedure: Resume full activity.

**Diet**

- You may eat and drink normally one hour after procedure.  
 Other: \_\_\_\_\_

**Treatment for Common Effects**

- Upper endoscopy – Sore Throat: Throat lozenges or gargle with warm salt water.  
 Colonoscopy - Bloating, excess gas, or mild abdominal discomfort: rest, eat lightly, and use a heating pad.

**Notify Doctor** if you have any of the following:

1. Fever or chills.
2. Severe abdominal pain or new chest pain.
3. Spitting up or vomiting blood.
4. Passing blood by rectum (2-3 tablespoons is okay).
5. If IV site becomes infected or is painful.

**During the next week**, please avoid any medication containing aspirin, Ibuprofen, Naproxen, or any similar medication.

**Physician will contact you with biopsy results within one week.**

**OTHER COMMENTS:** \_\_\_\_\_

If you have any problems or questions, please call  
Physician's telephone:  
503-399-7520

Salem Hospital Emergency Room  
503-561-5373

**I have read the above instructions and understand them.**

\_\_\_\_\_  
Patient/Responsible Person

\_\_\_\_\_  
Instructor