

Endoscopy Patient Discharge Instructions

This handout includes information for patients who have had an endoscopy procedure. An **endoscopy** is a scope (or camera) that we use to look at the entire gastrointestinal (GI) tract, from your mouth and all the way to the anal canal.

What can I expect after my procedure?

Because you received **sedation or anesthesia** (medications that make you sleepy or prevents you from feeling pain) during your procedure, you may experience the following symptoms:

- **Pain:** You may have more than your usual amount of gas or stomach cramps after your procedure. This should go away within a few hours.
 - To help with gas, we encourage you to stand and walk around if you can. Walking will help you move and get rid of the gas.
 - If your pain or discomfort does not go away after a few hours, call the phone numbers listed at the end of this handout to talk with a doctor.
 - If you have a sore throat that lasts for more than 3 days, call the phone number below.
- **Nausea or vomiting:** Nausea and vomiting can be a side effect of the sedation or anesthesia or from the procedure itself. We encourage you to avoid eating any heavy, greasy foods until after you can manage to eat at least a light meal (like soup) without issues.
 - Eating and drinking too much too quickly can also make nausea and vomiting worse.

- If you still have nausea or vomiting after several hours, or if you're vomiting blood, call the phone number below.
- After your endoscopy, you can go back to your regular diet unless your doctor tells you differently.
- **Bleeding:** Depending on the procedure you had, you could have a small amount of bleeding. If the site where the IV was bleeds, put direct pressure on it for at least 5 minutes until the bleeding is controlled. If you have any of these symptoms, please call the phone number below:
 - Black, tar-like stools (poop)
 - Rectal bleeding (bleeding from your butt, more than 1 tablespoon)
 - Coughing up blood (more than 1 tablespoon)
 - Vomiting blood (more than 1 tablespoon)
- **Infection:** Call and tell us if you have any redness, swelling, red streaking, drainage (leaking fluid), or pain from your IV site. These could be signs of an infection.
 - Fever can also be a sign of infection. Call and tell us if you have a fever over 100.6°F. You can take acetaminophen (Tylenol®) for the fever, which you can buy from a store or pharmacy.
- **Sleepiness:** You may feel sleepy or not yourself for several hours after your procedure because of the sedation or anesthesia. For the next 12 hours:
 - Do not do any activities that require alertness or coordination. This includes not driving, not using heavy machinery or power tools, not cooking, and not swimming.
 - Do not make any important or complex decisions.
 - Don't drink any alcohol or use recreational drugs.
 - We recommend that you stay around friends or family for the next 12 hours after your procedure.

- **Problems with urination (peeing):** Not being able to pee can be a side effect of the sedation. If you are having trouble emptying your bladder, call the number below.

What other follow-up should I do after my procedure?

- Start taking your regular medications again unless the proceduralist tells you differently.
- If you have a cardiac implantable electronic device (CIED) that is not managed by Michigan Medicine providers, and if a magnet was used during your procedure, please make an appointment with your provider to have your device interrogated (checked) within the next 30 days.

What are signs of an emergency?

If you have any of these symptoms after your procedure, please call the number below and go to the closest Emergency Room.

- Chest pain
- Any trouble with breathing
- A general feeling of weakness
- Dizziness or lightheadedness

What is the contact information?

- On weekdays from 8:00 AM - 5:00 PM, call (734) 936-9250.
- After hours, on weekends, and on holidays, call (734) 936-6267 and ask to talk with the gastroenterology (GI) fellow on call.
 - The operator will page the fellow on call. You should expect a call back within the next 30 minutes. If you don't get a call back in 30 minutes, call and ask to have the fellow paged again.

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