



ENDOSCOPY / COLONOSCOPY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



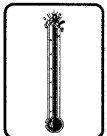
ACTIVITIES

Rest and quiet activity today. You may resume normal activity tomorrow as tolerated.



SPECIAL CARE NEEDED

Your throat may be sore today. Throat lozenges and/or warm salt water gargling may help. Gas pains are normal. Passing gas is encouraged. Vomiting sometimes occurs after the procedure. Call if it persists or is associated with severe pain. Small amounts of blood from the biopsy site may be found in vomit/stool. Call your doctor for anything other than small amounts of blood.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon) or swelling

Call 911 if you have chest pain or shortness of breath