

## PATIENT INSTRUCTIONS AFTER ENDOSCOPY PROCEDURE (Gastroscopy/Colonoscopy)

- In order to ensure your safety, you are required to be transported and accompanied home by a responsible adult aged 18 years or more.
- Your escort/carer should stay with you for the next 24 hours to minimize risk of injury post anaesthesia.

Since you had Narcotic/Sedative drugs, it is essential that you **MU**

- **NOT drive a vehicle and take extra care as a pedestrian**
- **NOT operate any machinery or lift heavy objects**
- **NOT use cooking appliances**
- **NOT make important decisions**
- **NOT drink alcohol**
- **NOT take any mind altering drugs**
- **NOT exercise excessively**

The following may be experienced post procedure.

### Abdominal bloating and wind:

You may experience some abdominal discomfort due to wind in the bowel from the procedure. This will pass with time usually within 24 hours, moving around or heat packs often help.

### Rectal bleeding:

You may experience some minor bleeding from your anus (blood in stool or on toilet paper) particularly if biopsy was done or polyp was removed during colonoscopy.

### Nausea and vomiting:

It is unusual to experience severe nausea or vomiting after endoscopy however if you experience this within 24 hours of discharge please seek medical advice.

### Bruising and Discomfort at cannula site

It may occur where anesthetic drug was administered particularly if you are prone to bruising. Any such bruising will gradually disappear over the next few days.

### Disturbance to emotions or ability of concentrate:

The effect of medications may take some time to wear off and your memory loss may persist longer than the sedation. It should however resolve within 24-48 hours.

### Diet and Fluids:

Resume eating normal diet unless the doctor today advised otherwise. Drink plenty of fluids to ensure hydration.

NB: If you had a colonoscopy today you may not open your bowels for several days which is normal.

### Medications:

Recommence your usual medications unless your doctor advised otherwise (Please get a plan of your blood thinners before you leave after your procedure)

### **Seek medical advice if you experience any of the following symptoms or contact your gastroenterologist**

- Swallowing difficulties
- Excessive rectal bleeding
- Uncontrolled vomiting
- Chest pain
- Unrelieved abdominal discomfort
- Persistent fever
- Any symptoms that you think is related to today's procedure and is causing you serious concern

### Follow up appointment:

In most circumstances your doctor will briefly inform you of your test results on the day of the procedure. A follow-up appointment may be made to discuss the test results more fully. If an appointment is not requested then it is advised that you see your GP in 2 weeks as results of any biopsies or samples taken will take a few days.

Contacts