

AFTER CARE INSTRUCTIONS

Gastroscopy & Colonoscopy



If you have questions or concerns, please call us at (303) 440-3216.

GASTROSCOPY	COLONOSCOPY
<p>Activity Today</p> <ul style="list-style-type: none">• Avoid vigorous exercise• Do not make personal or business decisions or sign legal documents• Do not drive a car or operate machinery <p>Activity Tomorrow: Return to full activity, including work and driving</p> <p>Diet</p> <ul style="list-style-type: none">• Eat and drink normally unless instructed otherwise• Avoid alcohol for 24 hours• Follow Post Dilatation Instructions <p>Treatment for Common After Effects</p> <ul style="list-style-type: none">• Sore Throat: Treat with throat lozenges; gargle with warm salt water.• Mild abdominal pain and bloating: Rest and take only liquids. <p>Symptoms of Complications or Infection to Watch for and Report to Us</p> <ul style="list-style-type: none">• Chills or fever higher than 101° within 24 hours• Pain in chest• Severe abdominal pain or bloating	<p>Activity Today</p> <ul style="list-style-type: none">• Avoid vigorous exercise• Do not make personal or business decisions or sign legal documents• Do not drive a car or operate machinery <p>Activity Tomorrow: Return to full activity, including work and driving</p> <p>Diet</p> <ul style="list-style-type: none">• Eat and drink normally unless instructed otherwise• Avoid alcohol for 24 hours <p>Treatment for Common After Effects</p> <ul style="list-style-type: none">• Mild abdominal pain, cramping, bloating or excessive gas: Rest, eat lightly, use a heating pad, and avoid gas forming foods. <p>Symptoms of Complications or Infection to Watch for and Report to Us</p> <ul style="list-style-type: none">• Severe abdominal pain, bloating or if abdomen becomes big, round and firm.• Chills or fever higher than 101° within 24 hours• A large amount of rectal bleeding. A small amount of blood from the rectum is not serious if hemorrhoids are present <p>If A Polyp Was Removed</p> <p>For the next 14 days:</p> <ul style="list-style-type: none">• Do not take aspirin or ibuprofen products. Acetaminophen is OK• If you have bright red rectal bleeding, call us• If you have not been contacted with your results within 7 days, call us

Special Instructions: _____

Resume all of your regular medications today Do not resume blood thinner until (DATE) _____

Wear CPAP for any naps today

Instruction Provided by: _____

GERD Booklet given Post-dilatation instruction sheet given Diverticulosis handout given

Photos: Chart Patient Declined (shredded per request)

By signing below, I acknowledge that I received and understand the information above.

Patient Name: _____ Date: _____

Driver Signature: _____ Relationship to Patient: _____