

# AFTER CARE INSTRUCTIONS

## Gastroscopy & Colonoscopy

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



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

**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-dilation 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 Signature: \_\_\_\_\_ Date: ) \_\_\_\_\_

Driver Signature: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_