

AFTER CARE INSTRUCTIONS

Gastroscopy & Colonoscopy

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



GASTROSCOPY

Activity Today

- Avoid vigorous exercise
- Do not make personal or business decisions or sign legal documents
- Do not drive a car or operate machinery

Activity Tomorrow: Return to full activity, including work and driving

Diet

- Eat and drink normally unless instructed otherwise
- Avoid alcohol for 24 hours
- Follow Post Dilation Instructions

Treatment for Common After Effects

- Sore Throat: Treat with throat lozenges; gargle with warm salt water.
- Mild abdominal pain and bloating: Rest and take only liquids.

Symptoms of Complications or Infection to Watch for and Report to Us

- Chills or fever higher than 101° within 24 hours
- Pain in chest
- Severe abdominal pain or bloating

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: _____