

Rivertown Surgery Center

ENDOSCOPY POST-OP INSTRUCTIONS

Activity:

- Do not drive/operate machinery or perform activities requiring mental alertness until the day following your procedure.
- Do not make critical decisions or sign legal documents today.
- Go directly home and rest until all dizziness or unsteadiness from sedation has resolved.
- Do not drink any alcoholic beverages.**

Diet: You may begin the following diet after discharge: (nurse to check diet that applies)

- Diet as Tolerated**
- Clear Liquids for 24 hours** – bouillon, clear sodas, weak tea, Jell-O
- Full Liquids for 24 hours** – bouillon, all sodas, tea, coffee, ice cream, sherbet, milkshakes, juices, Jell-O, pudding, clear or creamed soups without beef or vegetable stock, chicken noodle soup, Ensure supplement, Carnation Instant Breakfast.
- Soft Diet for 24 hours** – grits, cooked eggs, rice, mashed potatoes, boiled/broiled/baked fish or chicken, soft cooked vegetables/fruits. **NO** raw fruits/vegetables. **NO** beef or pork.
- Regular as desired** – Avoid gas producing foods such as raw fruits/vegetables or fried/greasy foods.
- Other:** _____

Medications:

- None are prescribed.
- Begin new prescription: _____
- NO ASPIRIN OR ASPIRIN PRODUCTS FOR 7 DAYS if you had polyps removed or a dilation procedure.**

Follow-Up Appointment:

- With Dr. _____ is _____
- Call for an appointment for _____ (days, week, month, year)

PLEASE NOTIFY YOUR PHYSICIAN AT _____ OR COME TO THE EMERGENCY ROOM SHOULD YOU EXPERIENCE ANY OF THE FOLLOWING:

- Temperature of 101 or above with chills
- Unrelieved abdominal pain more severe than cramping relieved by passages of gas
- Chest pain or shortness of breath
- Unrelieved nausea/vomiting
- Passage of red blood in the toilet, blood in stool, or passage of blood clots. Blood on tissue is normal.
- Passage of black liquid or sticky/tarry black stool. (upper procedures)
- Unrelieved throat discomfort with excessive pain when swallowing. (upper procedures)

The above instructions have been explained to me. I understand them. I have received a copy of these instructions.

Patient Representative

Nurse

Date

Time