Better Recovery After Your Endoscopy Procedure



Medications. Your medications help you improve your health. Take all medications exactly as directed.

Managing your medications

If you were taking regular medications before your procedure, you can start taking them again at home, or when your doctor says it's safe to do so.

- Since you have had sedation medications, do not drink any alcohol for 24 hours.
- Always take medications exactly as prescribed

Important for pregnancy prevention

Birth control pills and implants may not work as well after your procedure because of medicines used during anesthesia. Use a backup birth control method for 28 days after your procedure to help prevent pregnancy.



Activity. Regular movement helps your body recover and lifts your spirits.

When you go home

Do:

- Have a responsible adult family member or friend available to help care for you for the first 12 hours after your procedure.
- Go for walks or lie on your left side if you have belly pain or cramping.

Do not:

- Do strenuous activity for the first 12 hours.
- Attempt any activities that require alertness, balance, coordination, or judgment for the first 12 to 24 hours after your procedure.
- Drive or operate equipment for at least 12 to 24 hours after your procedure.
- Make important decisions or sign legal papers for at least 24 hours after your procedure.



Wound care. Washing hands is the best way to prevent infection.

What to watch for

- If your doctor did a biopsy or removed polyps, you may have a small amount of blood in your throat or rectum. This is normal.

Call your doctor if:

- If you have a large amount of bleeding or blood clots.

Diet. What you eat and drink can affect your health.

Eating and drinking after your procedure

- If your throat was numbed, do not eat or drink until the feeling comes back or until your doctor says it's okay.
- Drink lots of water, juice, or other non-caffeinated drinks to help your body heal. Do not drink alcohol of any kind for 24 hours after your procedure.
- Follow the instructions from your doctor about what you can and can't eat before and after your procedure.

Symptoms. Knowing what symptoms to watch for can help prevent problems and emergencies

Call your doctor if:

- You have increased or uncontrolled pain, or heavy bleeding.
- You have signs of infection, including increased pain, unusual drainage, redness or swelling, foul odor, or a fever over 101°F (38.8°C).
- You continue to feel sick to your stomach, you are throwing up, and you can't keep liquids down or have signs of dehydration (dry mouth, very little urine that is dark colored, or no tears).
- You think you're having a reaction to a medication.

Call 911 NOW if:



- You have chest pain or heaviness in the chest.
- You can't catch your breath or have a hard time breathing.
- Your face is drooping or you have weakness in your arm or changes in your speech.
- The person caring for you can't wake you up. (Have them check on you every 1 to 2 hours during the first 12 hours. You may be tired or sleepy but should easily wake up.)

Help us recognize excellence and improve care.

You may receive one or more surveys asking about your experience. Your feedback helps us learn how we're doing and gives us an opportunity to recognize team members who provided exceptional care. Please share your thoughts.

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