

Endoscopy: Better recovery with MAWDS

MAWDS is a simple formula that can help you recover better after your procedure. MAWDS stands for Medications, Activity, Wound care, Diet, and Symptoms.



Medications. Your medication works to improve your health.

Medications can include prescription pills, injections (shots), patches, inhalers, vitamin supplements, and over-the-counter drugs (like Tylenol or cough syrup). If you were taking regular medications before your endoscopy, you can start taking them again at home, or when your doctor says it's safe to do so.

Note: Birth control pills and implants may not work well after your procedure. This is because of the way they mix with anesthesia (pain medications) used during your procedure. It is best to use a back-up birth control method for **28 days** after your procedure to prevent pregnancy.

After your procedure

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



Activity. Regular physical activity strengthens your body 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.

- 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.
- If you have a large amount of bleeding or blood clots, call your doctor or go to the emergency room.



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

- 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. Catching symptoms early can prevent complications or an emergency.

Call 911 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.)

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 the medication.

Notes
