

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.

For your anesthesia, it is likely that you received **moderate monitored sedation** during your endoscopy. In most cases, moderate sedation keeps you from remembering anything that happens during the endoscopy.

After your procedure

- Since you have had sedation medications, do not drink any alcohol for 24 hours.
- Always take medications as your doctor prescribed.
- Some medications may make you dizzy or sleepy. Take extra care as you walk or climb stairs.
- Do not use laxatives or enemas for 2 days.

See a list of common moderate monitored sedation medications in the table below.

Sedation medication	Use	Common side effects	Serious side effects
propofol (Anesthesia S/I-60, Anesthesia S/I-40, Anesthesia S/I-40A)	Induce and maintain sedation; anti-anxiety	Decreased heart rate, blood pressure, breathing rate	Decreased heart rate, blood pressure, breathing rate
midazolam (Versed)	Induce and maintain sedation; anti-anxiety	Decreased heart rate, blood pressure, breathing rate	Decreased heart rate, blood pressure, breathing rate, mental or emotional changes
fentanyl (Duragesic, Abstral, Ionsys)	Relieves pain	Dizziness, drowsiness, nausea, restlessness, tiredness, headache, vomiting, diarrhea	Slowed breathing, irregular heart beat, decreased blood pressure



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.

- Wash your hands before and after you touch your IV site or bandage (if you have one).
- 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.
- You can have light foods, such as Jell-O, soup, toast, applesauce, eggs, or yogurt. If you do feel sick to your stomach, you can go back to light foods.



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.

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

©2017-2020 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at intermountainhealthcare.org. Patient and Provider Publications FS436-07/20 (Last reviewed -07/20) Also available in Spanish.