

ENDOSCOPY PROCEDURE DISCHARGE INSTRUCTIONS

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1.ACTIVITY

- Take a complete rest for the day.
- You Should not drive for 24 hours post-procedure.

2.DIET

- You may resume oral intake 2 hours after the procedure for the rest of the day, you should take only liquids or light meal (unless otherwise instructed)
- You can resume a regular diet the day after the procedure if you are feeling well and have no abdominal symptoms related to the procedure.

3.MEDICATION:

- If a polyp was removed, do not use any Plavix , or anticoagulants for 1 day, unless directed by your physician. In case of pain, take paracetamol for pain if needed.
- Anticoagulants (such as Coumadin and Heparin or apixaban) should not be resumed until instructed by your physician.
- Unless otherwise instructed, you may resume your other medications after you are dismissed (4 hours post procedure).

4.NOTIFY YOUR PHYSICIAN FOR ANY OF THE FOLLOWING:

- Severe and persistent abdominal pain, bloating, or tenderness that is intolerable for 6 hours post procedure.
- Chest pain.
- Chills or fever greater than 38°C within 24 hrs post- procedure.
- Large amounts of rectal bleeding or vomiting of fresh blood (some mucous blood streaking may occur, especially if biopsy or polypectomy was done or if hemorrhoids are present).

Contact your physician if you experience any of these symptoms that concern you, or please go to the nearest emergency if unable to do so.

5.FOLLOW UP:

- Make an appointment to see your physician within 2 weeks post-procedure.
- If a biopsy was taken today, it is your responsibility to call your physician for the result within 2 weeks.

فقيه.

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