

GI Discharge & Recovery Instructions

Because you've received ANESTHESIA, until the day after your procedure:



NO Alcohol



NO Driving



NO Strenuous Activity



NO Important Decision Making

Common side effects of anesthesia that can last 24 hours or longer:



Dizziness



Lightheadedness



Sleepiness



Sore throat after upper endoscopy

CALL YOUR DOCTOR or go to the nearest EMERGENCY ROOM if you experience the following:

Pain Assessment Tool

Refer to this chart when asked about your pain level:



- 2 - 5 rated pain, ok to take Tylenol
- 5 - 10 rated pain, call doctor's office



Nausea/Vomiting

- Over the counter medication, ok to use
- If persistent, call doctor's office



Signs of Infection

- Chills
- Fever over 101°
- Swelling, redness or drainage



Bleeding

- Bleeding exceeding 2 tablespoons

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What to Expect After Your Procedure

Be sure to ask your nurse or doctor any questions you may have about caring for yourself after your procedure.



- **Pain**

If you have new or increasing moderate-to-severe pain, contact your doctor or go to the emergency department.



- **Nausea or Vomiting**

Mild nausea or vomiting may occur after your procedure. However, if you are experiencing extreme nausea or persistent vomiting, please contact your doctor.



- **Drowsiness**

Drowsiness is typical when undergoing a procedure and may persist for 24-48 hours.



- **Bleeding**

If you have new or increasing amounts of bright red bleeding or black/tarry stools, contact your doctor or go to the emergency department. Small amounts of blood on toilet tissue are normal after a colonoscopy.

Please refer to your discharge instructions located within this folder for information on symptoms to watch for after your procedure, instructions about medications and home care.

Common Signs of Infection

- Temperature of 101 degrees
- Chills
- Increased heart rate
- Marked redness/warmth at the IV site

Call Your Doctor

Please contact your doctor if you experience any of these symptoms:

- Persistent nausea or vomiting
- Excessive bleeding
- Uncontrolled pain
- Signs of infection

Call 911 in an Emergency

With any of these symptoms:

- Loss of consciousness
- Difficulty breathing
- Life-or-limb-threatening injury
- Signs of a stroke

At the sign of a heart attack:

- Chest pain
- Pain in the left arm or jaw
- Sudden weakness or dizziness lasting longer than two minutes