

Consultant Gastroenterologist

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DISCHARGE INSTRUCTIONS AFTER ENDOSCOPY PROCEDURE/S

Colonoscopy / Gastroscopy patients occasionally report feeling bloated and may pass extra gas. You may also pass small quantities of blood in the first stool. Soft stools and changes in your bowel movement are common for the first day or two. If you have had a gastroscopy some patients report a slight sore throat for a day or two. You may have some soreness at the injection site.

The drugs that you have received during the test can take several hours to completely wear off. Therefore it is important that you:

- **Do not drive a car, drink alcohol or operate machinery until the next day.**
- Avoid making any important decisions or signing any legal documents.
- Rest for the remainder of the day **at home**. You should not return to work.
- Return to a normal diet and drink plenty of fluids, especially water.

Complications following endoscopy procedures (gastroscopy / colonoscopy) are extremely rare. However you should report the following to your Specialist immediately.

- **Persistent or increasing abdominal pain, discomfort or distension.**
- **Increase in temperature over 38 C, shivers and chills.**
- **Persistent or increase in bleeding, black bowel motions,**
- **Difficulty in swallowing, breathing difficulties or chest pain.**
- **Weakness or dizziness**

It is your responsibility to advise the Doctor should your symptoms persist or worsen.

If you cannot contact your Specialist, speak to your referring local doctor or attend the Accident and Emergency Department of your nearest hospital. Please contact the Clinic on (02) 9369 3666 for our staff to assist with any queries.

Your **follow up appointment is important** and is part of the management of your condition. If you are unable to attend, please phone to cancel and reschedule. Failure to keep your appointment may interfere with your management.

FOLLOW UP INSTRUCTIONS

Appointment with Specialist: Follow up General Practitioner:.....

Further Instructions:

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