



DISCHARGE INSTRUCTIONS FOR ENDOSCOPY PROCEDURES

Your procedure today was: _____

Common Sedation side effects may last up to 24 Hours and include:

- Tiredness or dizziness
- Changes in blood pressure or blood glucose levels

Post-Sedation instructions:

- Be careful getting up and walking. Have someone help you until you feel steady.
- Do not drive, operate heavy machinery, or make any important decisions for 24 Hours.
- Do not drink alcohol for 24 hours.
- Monitor your blood glucose levels if you are diabetic.

Common Procedure side effects include:

- Bloating and gassiness
- Sore throat or general throat discomfort
- Abdominal cramping

Post-Procedure instructions:

- Resume your usual diet as tolerated. Start with liquids and bland foods.
- Do not engage in strenuous activity or heavy lifting until your physician says you may.

Medication instructions:

- Resume your usual medications EXCEPT for Aspirin and Anti-inflammatories (Ibuprofen, Motrin, Advil, Naproxen, Aleve). You may resume these when your physician says you may.

Follow-up with Dr. Fine as scheduled. Call the office if you do not have an appointment.

Other: _____

Contact Dr Fine: (972) 253-4205

- If you experience sudden or severe chest or abdominal pain
- If you run fever greater than 100
- If you have rectal bleeding or vomit blood
- If you experience any unexpected symptoms
- If you have any other questions or concerns

These discharge instructions have been explained and a printed copy provided to the patient/caregiver.

Responsible Adult Name

Signature

Date