

## 7. Follow Up Instructions

- No concerns – **no follow up** with surgeon required
  - No concerns – follow up with surgeon required (see below)
  - Polyps present – follow up with surgeon required (see below)
  - Biopsy taken – follow up with surgeon required (see below)
  - Other \_\_\_\_\_
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Call the Surgeon's Office at (807) 468-9861 ext.5020 the next business day to make an appointment to see:

Dr. \_\_\_\_\_ in \_\_\_\_\_

*Note: Surgeon's office is closed Mondays*

***Lake of the Woods District Hospital***

21 Sylvan Street

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# DISCHARGE INSTRUCTIONS for GASTROSCOPY and/or COLONOSCOPY

Our Communities  Our Hospital  
**LAKE OF THE WOODS DISTRICT HOSPITAL**

### **Gastroscopy:**

- You may experience throat irritation and/or hoarseness for a short time following a gastroscopy.
- Test your throat and gag reflex with small sips of water before taking a larger sip to make sure you can feel the water in your throat without choking.
- Do not return to your regular diet until your gag reflex returns.

### **Colonoscopy:**

- During the colonoscopy, air is used to somewhat inflate the bowel to permit a good view inside. This may give you a sensation of bloating and perhaps cramps. The discomfort will gradually disappear as you pass the gas.
- Passing small amounts of blood and mucous in the stool (up to a few teaspoons) is of no concern after the colonoscopy, especially if a polyp was removed or a biopsy was done.

### **GENERAL INSTRUCTIONS:**

- Unless otherwise instructed, you may resume your usual diet today. If you feel bloated or uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
- Restrict your activity and rest for the remainder of the day. Resume normal activity on the day following your procedure.
- Unless otherwise indicated, resume any medications that you were taking before the procedure. Take any new medications as prescribed.
- If a biopsy was done, it will be sent to the pathologist for analysis. After 7 – 10 days, your physician will receive a report which he/she will call you about (if necessary) or discuss it at your follow-up appointment.

- **If you have been given anesthesia or sedation;**
- Do not drive or operate machinery for 24 hours.
- Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- Sedative and narcotic medicines given during a colonoscopy may linger for hours. You may feel dizzy for several hours after your procedure.
- **You must have an adult with you tonight at home.**

### **6. Go to an Emergency Department** if any of the following occurs:

- Fever and/or chills. (38°C or 100°F)
- Severe abdominal bloating or tenderness not relieved with passing gas.
- Persistent nausea or vomiting not relieved by over the counter medications.

### **Gastroscopy specific:**

- Severe heartburn not relieved by over the counter medications.
- Persistent spitting up blood.
- Any chest pain or heart palpitations.

### **Colonoscopy Specific:**

Large amounts of blood or clots in your stool.