

Patient Name:
 Surgeon:
 Date of Service:
 Medical Record:
 Date of Birth:
 Age:

DISCHARGE INSTRUCTIONS

- You were administered sedation during the procedure. The medicine used for your sedation will be active in your body for the next 24 hours. You may feel sleepy when you get home. The feeling will slowly wear off.
- **ACTIVITY:**
 - DO NOT drive, operate any machinery or do anything requiring coordination for the rest of the day.
 - Do not sign any legal documents or make any important personal/business decisions in the next 24 hours.
 - Do not do any heavy lifting, straining or heavy work the remainder of the day.
 - You may resume normal activity tomorrow.
- **DIET:**
 - Do not drink beer or other alcoholic beverages for 24 hours.
 - Resume diet as usual.
 - Hot fluids are helpful for relief of mild bloating.
 - If your doctor provided a special diet, follow those directions.
- **MEDICATIONS**
 - Avoid aspirin-based, aspirin-like products or nonsteroidal anti-inflammatory drugs for 4 days, including Advil, Motrin, Nuprin, Aleve, Ibuprofen, etc. You MAY take Tylenol (acetaminophen)
 - Resume previously prescribed medications.
 - No sedatives for 24 hours.
 - Resume Coumain/Warfarin/Lovenox/Plavix.
 - Contact your prescribing anticoagulation therapy physician's office within 3 days of PT/INR and anticoagulation management.
- **SPECIAL INSTRUCTIONS AND CONSIDERATIONS**
 - If you had an upper endoscopy, you may have a sore throat. Warm salt water gargles or lozenges are suggested to relieve the discomfort. This should improve over the next 24 hours.
 - If you had a colonoscopy or flexible sigmoidoscopy, you may have abdominal bloating, cramping or soreness. As you pass air, this should be relieved.
 - A localized irritation of the vein may occur at the site of the medication injection. Hot, moist packs to the vein, applied 4-6 times per day may reduce pain and irritation. Notify your physician if the area continues to be painful or becomes red and hot to the touch.
 - You will be contacted regarding tissue test results within 2 weeks via postcard /phone call
- **CALL YOUR DOCTOR AT (661) 529-7550:**
 - If you had upper endoscopy: any chest pain, difficulty breathing, difficulty swallowing, vomiting of blood, black stools or severe abdominal distention.
 - If you had a colonoscopy or flexible sigmoidoscopy: severe abdominal distention, cramping or rectal bleeding more than streaking on toilet tissue.
 - Fever (temperature 100.5° or above).
 - Severe pain (that was not present before the procedure).
 - if signs of infection are observed (chills or fever, redness)
If unable to reach your doctor or anesthesiologist, go to the nearest emergency room.
- Your return visit with your doctor has been scheduled for: _____ call (661) 529-7550 to schedule
- You must have a responsible adult be with you for the rest of the day and during the night (12-24 hours) for your protection and safety.
- You may expect a call from a staff member of Center in the next few days. This is a routine call to check on your progress. Please confirm the telephone number where we may reach you this evening and tomorrow.

Prescription given: Yes No

 Describe

I have received and understood my discharge instructions:

 Responsible adult signature Witness signature Date Time