

Discharge Instructions

DATE: _____

Activity

The intravenous sedation you received will slow your reflexes and affect your judgement.

UNTIL TOMORROW:

- DO NOT drive a car, operate machinery, power tools or work around sharp objects
- DO NOT make important decisions or sign important papers/legal documents
- DO NOT drink alcoholic beverages

Medications

Resume your prescribed medications unless otherwise instructed.

Diet

Progress slowly to a regular diet as tolerated.

Report Immediately

If you develop new or uncontrolled problems such as:

- Fever over 101° F
- Difficulty breathing
- Severe abdominal pain
- Severe nausea or vomiting
- Bleeding or black stools
- Pain, redness, hard area at IV site
- Chest pain (EGD only)

Contact the doctor who did your procedure or go to the nearest emergency room or call 911.

Biopsies or Polyps

If you had polyps removed or biopsies taken during the procedure the doctor will send you a letter in the mail within 7 to 10 business days with your pathology results.

EGD (only)

You may have a sore or scratchy throat for a couple days. This is normal. You may use throat lozenges or gargle with warm salt water. Call the doctor right away or go to the nearest emergency room if you have any chest pain.

Colon (only)

You may experience cramping, bloating and/or mild abdominal discomfort. Passing large amounts of gas is normal and encouraged. If gas pains continue, lay on your left or right side leaning more towards the stomach and try to get rid of the gas. Eating a light diet may help. If feeling steady on your feet, walking around may help pass gas.

Streaks of blood in your stool or a few drops of blood on toilet paper/underwear is normal. However, large amounts of rectal bleeding is NOT normal. If you see a large amount of blood, call the doctor right away. If unable to reach your doctor, go to the nearest emergency room.

Questions

If you have any questions for Doctors Nielsen, Reister, Fulco, or Ericson, call 507-646-1201 between the hours of 8:00 a.m. and 4:30 p.m. After hours call the Emergency Department at 507-646-1100.

If you have any questions for Doctor Gadek, call the Allina Clinic at 507-663-9000.

Follow up recommendations: Repeat in _____ years.

Signatures

Signature of patient or responsible adult

Signature of discharging RN or MD