

Discharge Instructions: Colonoscopy or Upper Endoscopy

What To Expect

- If you had a colonoscopy, you may feel bloated after the procedure (from the air that was introduced during the examination).
- If you had an upper endoscopy, your throat may be a little sore for a few hours.
- It is important to rest today.

Restrictions

- First 24 hours: No strenuous activity. Do not lift anything greater than 10 pounds. Do not drink alcohol.
- Do not drive or operate machinery until the next day.
- Do not sign contracts or legal documents until the next day.

Diet

- If you do not have any dietary restrictions, you may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet. (see “Notes” section for special instructions, if any)

Follow Up Care

- If biopsies were done, you should receive a call from our office regarding the results in 1 week.
- If your procedure was done by Dr. Bain or Dr. Robillard, and you have not received a call for 1 week, please call the endoscopy nurse coordinator at **716-845-1300 ext. 2853**.
- If your procedure was done by any other physician, please see the “Notes” section on the next page for the number to call.

Call Us Immediately If...

- you have a fever of 100.5°F (38°C) or higher or a fever with chills, or night sweats
- you have nausea or vomiting
- you have rectal bleeding of more than a few spots of blood on toilet tissue or in a bowel movement
- any unusual pain or problems

Call the GI Center at **716-845-4010**. Your call will be answered by a triage nurse, even if the GI Center is closed. GI Center hours are Monday – Friday, 8am – 5pm.

If you have difficulty breathing or shortness of breath, call 911 or go to your local Emergency Department.