



South Denver Endoscopy Center  
 The Englewood ASC, LLC  
 499 E. Hampden Ave. #430  
 Englewood, CO 80113  
 (303) 874-0350  
 M - F 7:00 A.M. - 5:00 P.M.

### DISCHARGE INSTRUCTIONS

The medicine used for 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 or operate heavy machinery for the remainder of the day.
  - Do not make important personal/business decisions for 24 hours.
  - Do not do any heavy lifting, straining or heavy work for the remainder of the day.
  - You may resume normal activity tomorrow.
  - You may resume normal activity today.

- DIET:**
- Do not drink beer or alcoholic beverages for 24 hours.
  - Resume diet as usual.
  - Hot fluids are helpful for relief of mild bloating.
  - Follow special diet: \_\_\_\_\_

- MEDICATIONS:**
- Avoid aspirin - based, aspirin-like products/nonsteroidal anti-inflammatory drugs for 4 days, including Advil, Motrin, Nuprin, Aleve, Ibuprofen, etc. You may take Tylenol.
  - Resume previously prescribed medications.
  - New prescription: \_\_\_\_\_
  - No sedative for 24 hours.
  - Resume Coumadin/Warfarin/Lovenox/Plavix \_\_\_\_\_
  - Contact your prescribing anticoagulation therapy physician's office within 3 days for PT/INR and anticoagulation management.

- SPECIAL INSTRUCTIONS/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 results within 2 weeks via postcard / phone call.

**CALL SDG PHYSICIAN (303-788-8888) (24 hours/7 days)**

- IF YOU EXPERIENCE ANY OF THE FOLLOWING:**
- 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.....not present before the procedure.

REFER TO [www.southdenverqi.com](http://www.southdenverqi.com) FOR PATIENT EDUCATION  on: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

*I have received and understand the above instructions.*

Pre-Teach: \_\_\_\_\_ Patient: \_\_\_\_\_ Time: \_\_\_\_\_

Nurse: \_\_\_\_\_

Responsible Adult: \_\_\_\_\_ Date: \_\_\_\_\_