

# Endoscopic Retrograde Cholangiopancreatogram (ERCP): What to Expect at Home

## Your Recovery

After you have an endoscopic retrograde cholangiopancreatogram (ERCP), you probably will stay at the hospital or clinic for 1 to 2 hours. This will allow the medicine to wear off. You will be able to go home after your doctor or a nurse checks to make sure you are not having any problems. If you stay in the hospital overnight, you may go home the next day.

You may have a sore throat for a day or two after the procedure.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to get better as quickly as possible.

## How can you care for yourself at home?

### Activity

- Rest as much as you need to after you go home.
- You should be able to go back to your usual activities the day after the procedure.

### Diet

- Follow your doctor's directions for eating after the procedure.
- Drink plenty of fluids (unless your doctor tells you not to).

### Medicines

- If you have a sore throat the next day, use an over-the-counter spray to numb your throat.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

## When should you call for help?

**Call 911** anytime you think you may need emergency care. For example, call if:

- You vomit blood or what looks like coffee grounds.
- You pass maroon or bloody stools.

**Call your doctor now** or go to the emergency room if:

- You have trouble swallowing.
- You have belly pain.
- Your stools are black and tarlike or have streaks of blood.
- You are sick to your stomach and cannot drink fluids.
- You have a fever.
- You have pain that does not get better after you take your pain medicine.

Watch closely for changes in your health, and be sure to contact your doctor if:

- Your throat still hurts after a day or two.
- You do not get better as expected.

## **Where can you learn more?**

Go to [www.southdenvergi.com](http://www.southdenvergi.com), log into the web portal, and enter W326 in the search box to learn more about Endoscopic Retrograde Cholangiopancreatogram (ERCP): What to Expect at Home.

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