



Expectations Following Your Procedure

Common aftereffects following your procedure:

You may feel mild abdominal pain, bloating, or excessive gas. Rest and eating lightly may help alleviate these symptoms. If you have had an upper endoscopy (EGD), you may experience a sore throat. Throat lozenges and gargling with warm salt water may help with the discomfort. If you have had a lower endoscopy (colonoscopy), you may experience some mild rectal pain and bleeding.

Diet:

Start with light, non-greasy food and advance diet as tolerated. Because of the medications administered by Anesthesia, avoid alcohol for 24 hours after your procedure.

Activity restriction:

Do not drive or operate machinery until the day after your procedure. You may return to your usual activities the next day unless otherwise instructed by your doctor or anesthesia provider.

If a biopsy has been removed:

For the next 7 days, do not take aspirin or aspirin-type medications (NSAIDS, Ibuprofen, Advil, Motrin, etc.) because this could cause excessive bleeding or slow down healing time due to blood thinning. Ask your doctor before taking any medications.

Symptoms to watch for and report to your physician:

If you experience **SEVERE** abdominal pain or bloating, fever, chills, pain in your chest, or more than light bleeding within the first 24 hours following your procedure, contact your doctor immediately. Contact numbers are listed below.

Follow-up care:

You may or may not need a follow-up appointment. If an appointment is needed after your procedure, one will be scheduled before you are discharged. If the appointment time or date does not work for you, you may call the doctor's office directly to reschedule but it is important that you do follow-up if it is recommended.

Contact Numbers:

Tom Anderson M.D.
360-496-3517

Mark Hansen M.D.
360-496-5145

Morton General Hospital
360-496-5112