



Upper GI Endoscopy Discharge Instructions

Because you have received sedation:

- You may be drowsy for the next few hours.
- Do not drink alcohol for 24 hours after your procedure
- You are **NOT** to drive, operate heavy machinery, make critical decisions, or do activities that require coordination or balance for the rest of the day

To avoid complications, please take note of the symptoms below:

- Chills or a fever greater than 100 degrees
- Any bleeding which exceeds 2 tablespoons
- Severe abdominal pain, other than gas cramps
- Chest pain
- Nausea and/or vomiting
- Black or “coffee ground” stools

If you experience any of the above, call the GI Lab at 801-213-9797 between 7:00 a.m. and 5:00 p.m. After 5:00 p.m., call the hospital operator at 801-581-2121 and ask for a GI fellow (this doctor is available 24 hours a day) to address any questions or concerns. Tell the physician you had a colonoscopy.

Upon returning home and resuming a regular routine:

- You may have gas to expel over the next few days
- Resume diet as before unless recommendations were given to you that specify otherwise

Pathology results:

Pathology results from biopsies will be available to your referring physician in approximately 7-10 business days. You will receive a letter via MyChart or mail with your results within 2 weeks.