

7788 Jefferson St NE, Albuquerque, NM 87109  
Phone: 505-999-1600 | Fax: 505-999-1655

## **DISCHARGE INSTRUCTIONS**

### **IF YOU SHOULD HAVE PAIN, BLEEDING OR FEVER, YOU SHOULD NOTIFY YOUR DOCTOR IMMEDIATELY AT 505-999-1600.**

- You may not drive at all on the day of your procedure. You are expected to arrange for transportation with a friend or family member.
- Sedation/Narcotics may affect your judgment. Important decisions should be postponed for the remainder of your scheduled procedure day.
- Avoid strenuous activity on the day of your procedure. You may resume normal activity on the following day.
- Avoid alcoholic beverages on the day of your procedure.
- You may feel drowsy or sleepy following your procedure.
- Tenderness, swelling or pain may occur at the IV site where you receive sedation. If you experience this, apply ice wrapped in a towel or cloth to the area for 30 minutes two or three times the first day. If you're still sore the next day, apply a warm, moist cloth to the area for 30 minutes two or three times during the day. If the discomfort continues, please call your physician at 505-999-1600.
- Tylenol (Acetaminophen) is permitted.
- COLONOSCOPY: You may feel bloated after your exam. This is normal and will usually pass after a short time. Walking will also help to pass the gas. You may not have a normal bowel movement for approximately three days.
- UPPER ENDOSCOPY/ESOPHAGOGASTRODUODENOSCOPY: If your throat feels sore after you get home, you may gargle with warm salt water, use lozenges, have cold drinks or popsicles to relieve any discomfort.

Your doctor will provide you with additional recommendations specifically relating to the results of your procedure. If you have any questions regarding the above instructions, please call our office at 505-999-1600