

# Summit Surgicare Post Procedure Instructions

## General Instructions:

1. Begin with liquids and light foods (teas, jello, soup) and progress to your normal diet if you are not nauseated.
2. In case of nausea, avoid all food and call your doctor.
3. No alcoholic beverages for 24 hours.

## Activity:

1. Do not make important personal or business decisions or sign legal documents for 24 hours.
2. Do not drive or operate hazardous machinery for 24 hours.
3. Limit your activities for 24 hours. Do not engage in sports, heavy work or heavy lifting today.
4. May resume normal activity.

## Pain or discomfort:

1. If you experience abdominal pain, nausea, fever, abdominal swelling, cramps, vomiting or bleeding, contact your doctor immediately and avoid solid food.
2. To assist in passing flatus after a colonoscopy, it is helpful to lie flat on your left side with knees slightly bent.
3. To assist with mild throat discomfort, a soothing throat lozenge is helpful after an upper endoscopy.
4. Do not take aspirin or aspirin products without first consulting your doctor.
5. Do not take medications without first consulting your doctor.
6. Resume normal medications as prescribed by your doctor.

## Medication:

Prescriptions given for: \_\_\_\_\_

## Follow up Appointment:

Make an appointment to see Dr. \_\_\_\_\_ in \_\_\_\_\_.

Diet: \_\_\_\_\_

Note: Patients vary considerably in their response to GI procedures. Not all of this information will fit every patient. If you have any questions after reading the instructions given to you concerning your procedure please do not hesitate to call us at 630-889-9889. Many patients will feel tired after the procedure, and many will sleep on and off for the rest of the day. We recommend that patients continue to relax the rest of the day, and don't operate machinery that may hurt you. It is not unusual to have mild tenderness or discoloration or slight swelling at the site of the IV needle. A warm moist cloth placed over the sore areas for one half hour periods will frequently help. Extreme tenderness or red streaking on the arm above the needle puncture requires attention and you should call the doctor or go to the emergency room.

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

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