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EXCELLENCE IN DIGESTIVE HEALTH

IMPORTANT DISCHARGE INFORMATION FOLLOWING ENDOSCOPY

Should you have any problems when you arrive home, please call -

- ◆ **The Digestive Health Centre
(Phone: 9791 8788 - during business hours)**
- ◆ **After hours, please call the doctor who
treated you today on 9387 1000**
- ◆ **Your own doctor**
- ◆ **Casualty at a Public Hospital**

DR. JOHN GOY
DR. WAYNE FRIEDMAN

DR. DAVID RUBINSTEIN
DR. MALCOLM BARNES

AFTER GASTROSCOPY

- ◆ **There may be some temporary soreness of the throat.**

AFTER COLONOSCOPY

- ◆ **You should drink extra amounts of water when you get home as the preparation may have caused mild dehydration. If you have a headache this is often due to mild dehydration.**
- ◆ **Your bowel habit may not return to normal for up to a week.**
- ◆ **You may notice some increased wind and rumblings after the test. It was necessary to introduce air into the bowel during the examination in order to see all parts of the bowel. Walking around helps as does lying down on your RIGHT side.**
- ◆ **You may take a mild analgesic (e.g. Panadol) if necessary for pain.**
- ◆ **There may be slight bleeding, particularly if you have haemorrhoids.**
- ◆ **Resume all your regular medications.**

COMPLICATIONS

Complications following gastroscopy and colonoscopy are extremely rare, however should you develop any symptoms of:

- ◆ **Severe or prolonged pain**
- ◆ **Heavy or prolonged bleeding**
- ◆ **Vomiting of blood**
- ◆ **Increased difficulty in swallowing**
- ◆ **Coughing or difficulty in breathing**
- ◆ **Fever within 24 hours**

Please contact this hospital, or your family doctor immediately, alternatively present at the emergency department of your local hospital.

RESULTS

Before you are discharged you will be told the result of the test. The drugs used may continue to make you drowsy and you may not remember.

Small samples may have been taken during the test for examination under the microscope. If you had a gastroscopy a sample may have been taken to test for bacteria that may be responsible for your symptoms.

Both of these tests can take a few days for the results to be available with your referring doctor.

WHEN YOU GET HOME

- ◆ Rest at home for the remainder of the day.
- ◆ The small dressing on your arm may be removed.
- ◆ Eat normally unless otherwise instructed.
- ◆ Resume all your regular medication.
- ◆ Although most patients recover rapidly from these tests, occasionally the effects of the drugs you received may take several hours to wear off.
- ◆ You will be able to return to work the day following your procedure.

THEREFORE YOU MUST NOT:

- ◆ Drive a car or operate machinery on the day of your procedure.
- ◆ Make important decisions
- ◆ Drink alcohol or take sedatives for 12 hours
- ◆ Walk or catch public transport home

FOLLOW UP POST PROCEDURE

- No follow up is required
- Please arrange to see your family doctor next week
- A review appointment has been arranged with

Drat this Clinic

Date:

Time:

Your report will be faxed or emailed to your referring doctor the same day as your procedure, you will also be given a copy of the report.

THANK YOU

The Digestive Health Centre is committed to providing the best quality care & follow up. You will receive a courtesy call tomorrow before 9 am to enquire on your wellbeing.