

The Digestive Health Centre

Important Discharge Information for Patients & Carers Following Endoscopy



Should any problems arise or concerns when you arrive home-patients, family members or your support person can:

- **Call Digestive Health Centre:
9791 8788 all hours**
- **Contact or visit your own doctor**
- **Go to Emergency department at a Public Hospital with your Endoscopy report**

You are not allowed to drive, take a taxi or bus, or leave the Digestive Health Centre alone.

If you do not have a responsible adult (family member or friend) with you to take you home, your procedure cannot be done and will be cancelled.

After Gastroscopy

- There may be some temporary soreness of the throat, lozenges or gargling will assist to relieve discomfort.

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
- Bowel habit may not return to normal for up to a week
- There may be some increased wind and rumblings after the test, like a “stitch”. It was necessary to introduce air/carbon dioxide into the bowel during the examination to see all parts of the bowel. Walking around helps, as does lying down on the RIGHT side
- A mild analgesic (e.g., Panadol) may be taken if necessary for pain
- There may be slight bleeding (less than a teaspoon) in the day or two afterwards, particularly if haemorrhoids were diagnosed
- Resume all regular medications unless advised otherwise by your gastroenterologist.

Complications

Complications following gastroscopy and colonoscopy are extremely rare; however, should any of the following signs or symptoms develop:

- Severe or prolonged pain
- Heavy or prolonged bleeding
- Vomiting of blood
- Increased difficulty in swallowing
- Coughing or difficulty in breathing
- Fever within 24 hours
 - Any change to mental status

If you develop any acute respiratory symptoms post procedure, please refer to the COVID-19 information for patients sheet attached for instructions.

Results

Before discharge, you will be told the result of the test. You will be given a copy of the report as the drugs used may continue to make you drowsy and affect your memory of the day.

Small samples may have been taken during the test for examination under the microscope.

NB: These tests can take a few days for the results to be available with your referring doctor.

At Home

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

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For Children:

If your child feels up to it, then there is no reason why they should not be able to return to school the following day and participate as normal in all activities. However, if they feel dizzy or tired, they may need the day off school.

Please contact the facility if within 30 days of the procedure should any redness, swelling or discharge at the injection site develop, or a fever of unknown cause develops.

FOLLOWING PROCEDURE YOU MUST NOT:

- Drink alcohol, take mind altering substances
- Operate machinery including cooking implements
- Care for infants
- Walk or catch public transport home unattended
- Drive a car, bike, or other vehicle
- Undertake heavy exercise
- Make important decisions

Falls

Should the patient feel lightheaded or dizzy following procedure then care should be taken when standing from a lying or sitting position and fluids should be encouraged.

Responsible Adult Responsibilities

- Collect the patient from Digestive Health Centre reception and escort her/him home via a safe mode of transport
- Stay with the patient for the 24 hours.
- The patient should be allowed to rest as needed for this time
 - Offer plenty of fluids (not alcohol) and meals
 - Make sure the patient takes their medications
 - Read this leaflet and be aware of what to do if the patient becomes unwell

We telephone all our patients the day following their procedure (2 days following for Saturday procedures). Please use this opportunity to discuss any questions regarding your relatives/friend's recovery.

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

Thank You

The Digestive Health Centre is committed to providing the best quality care and follow up.