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# **DISCHARGE INSTRUCTIONS**

## **Following Gastroscopy (Endoscopy) and or Colonoscopy**

**When you get home, please read these  
instructions carefully**

## Home

You should expect to be back to normal activities and diet the day following your procedure

Take your usual medications and follow up with your GP as scheduled

Drink plenty of non-caffeinated fluids for the next 24 hours.

Due to the ongoing effects of your anaesthetic, for the remainder of the day:

- Do not drink alcoholic beverages
- Do not sign any legal documents or make important decisions
- Do not drive a car or operate heavy machinery, your insurance will not cover you
- Remain in the care of a responsible adult
- Rest for today and resume normal activities tomorrow

You can remove the dressing from your IV site when you get home. You may notice some local tenderness or bruising; this is normal and will subside.

You may commence eating and drinking now. Eat a light diet today that is not too spicy or fatty. You should be back to eating your normal diet tomorrow.

We encourage you to increase your fluids, and limit caffeinated drinks such as tea, coffee, and cola; especially if you are feeling lightheaded or dizzy.

A copy of your report and results will be sent to your referring GP

**SOME SYMPTOMS FOLLOWING A COLONOSCOPY OR GASTROSCOPY  
ARE COMMON AND MOSTLY MINOR**

You may experience the following:

**ABDOMINAL DISCOMFORT & BLOATING:**

This may be relieved by passing flatus/bringing up wind. Gentle walking, a warm compress over the abdomen and lying on your left side may encourage passing of wind. If your abdominal pain is severe or increasing, you should present to an Emergency Department for assessment or contact your GP.

**BLEEDING:**

You may pass a little blood from your rectum, particularly if a polyp was removed or biopsies taken. If bleeding is excessive (more than a tablespoon), increasing or you feel faint you should present to an Emergency Department for assessment or contact your GP.

**NAUSEA WITH OR WITHOUT VOMITING:**

If you are feeling nauseated, start with clear liquids such as ginger ale, lemonade, jelly, broth, or apple juice. When you no longer feel nauseated, you should try commencing a solid diet. If nausea with vomiting persists longer than 3 hours, ring or visit your GP or if after hours, present to the Emergency Department.

**DISCOMFORT IN THE BACK OF YOUR THROAT:**

This may persist for the rest of today but should gradually lessen. Contact your GP if it persists more than 24 hours.

**RED OR SWOLLEN IV SITE:**

Place a cool, damp, clean cloth on the site for 20 minutes every hour until the redness or swelling decreases. If pain, swelling, or redness persists longer than 24 hours you should ring or visit your GP for assessment.

For non-urgent matters related to your procedure telephone 93014437.

**IF YOU FEEL THE MATTER IS URGENT PRESENT TO THE NEAREST  
EMERGENCY DEPARTMENT**