



# Discharge Instructions: EGD and EGD with Dilation

**Limitations:** You received sedation for your procedure. Although you may feel alert, your reflexes and judgment may be impaired. You should not drive, operate machinery or make any legal decisions for the remainder of this day. You should go home and rest. Be careful as you walk or climb stairs.

**Diet:** You may experience nausea and vomiting when you first eat. This should subside fairly quickly. If you tolerate light food, return to your normal diet—**NO ALCOHOL FOR 24 HOURS.**

**IV site:** An intravenous (in the vein) needle was used to give you the sedation medicine. It may cause local irritation that makes the site in your arm or hand red and /or sore. Applying a warm washcloth to the site 2-3 times a day for 15 minutes should help.

**Procedure: Upper Endoscopy (EGD)**—A sore throat is not unusual and should subside within 24 hours. Warm salt water gargles or throat lozenges may help.

**Procedure: Esophageal Dilation:** -You may have some blood-tinged mucus and /or slight discomfort or soreness in your chest. This should subside within a few hours.

**Biopsies:** If biopsies are taken, you will receive results within 2 weeks.

**Medications:** No aspirin, arthritis pills (other than acetaminophen/Tylenol), or other blood thinners. Your physician will inform you when you can resume these medications.

**Follow-up:** For follow-up in GI office or a repeat procedure, see physician-specific recommendations. If a biopsy was taken, your follow-up may depend on the biopsy results.

**Follow-up:** with your primary care physician as needed.

**Recommendations:** You should drink at least six 8oz. glasses of water over the next 6-8 hours provided there is no history of cirrhosis, ESRD, or CHF. Plan to spend the day resting, hard candies, popsicles, warm salt water gargles, or throat lozenges to soothe a sore throat. Take frequent walks if you experience discomfort from bloating.

For the following symptoms, please call weekdays 252-937-0231

- Passing more than 2 Tablespoons of blood
- Severe abdominal pain
- Severe chest pain
- Nausea and vomiting that does not subside
- Fever greater than 101
- IV site remains red, swollen or draining for more than 24 hours

After-hours Monday-Thursday after 5 pm, Friday after 12 noon and weekends call 252-962-8822: