

ENDOSCOPY (DISCHARGE INSTRUCTIONS)

1. **You have undergone an "endoscopic procedure"**. You have had a gastroscopy (stomach) or a colonoscopy (bowel). This procedure was performed by Dr Kevin Le.
2. **It is essential that someone drives you home** as you have received sedation, the effects of which will last several hours. ***You should go straight home and rest for the remainder of the day.*** DO NOT go shopping, or "out". DO NOT drive a car, operate machinery, or make business decisions for the remainder of the day. You may resume normal activities tomorrow.
3. **You may resume your normal diet after leaving** the endoscopy clinic, unless instructed otherwise. You should avoid heavy or fatty meals for the remainder of the day as these may make you feel sick in the stomach. If you had a gastroscopy, do not have hot food and hot drinks (eg coffee) until your throat and mouth are no longer numb.
4. **You may resume your normal prescription medicine** (unless told otherwise).
5. **There may be some soreness** where the instrument or needle have been, but this will disappear in a day or so. If it persists, please get in contact with us.
6. **You may have some wind or bloating** in the abdomen which may cause discomfort. This will go as it is passed as belching or flatus. Sitting on the toilet or a short walk (when fully recovered) may assist its passage. Avoid tight waistbands for today.
7. **International travel should be avoided for two weeks following a colonoscopy**, and domestic flights for 48 hours.
8. **If you have any problems** after the procedure contact us, your local doctor or hospital. You **must** contact a doctor or hospital if you experience severe pain in the abdomen, prolonged vomiting, passage of blood in the vomit or motions, or an unexplained high temperature within a week following the procedure. Please also call and let **us** know if you have experienced problems so we can keep your records up to date.
9. **If pathology specimens have been taken**, these may take several days to be assessed by the pathologist. Copies of the pathology and endoscopy report will be sent to your referring doctor who will give advice and treatment as needed. You should make an appointment with your GP approximately 2-3 weeks after the procedure.
10. If you are a member of a health fund and receive a bill for your pathology, please submit this to your health fund BEFORE paying it. Tick the "in hospital" box on the health fund claim form.

FEEDBACK: AT Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on admin@southmedical.com.au or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW 2539.