

ENDOSCOPY - (DISCHARGE INSTRUCTIONS)

1. **You have undergone an "endoscopic procedure".** You have had a gastroscopy (stomach) and/or a colonoscopy (bowel), procedure performed by Dr Kevin Le.
2. **It is essential that someone drives you home and stays with you for 24 hours** as you have received intravenous sedation, the effects of which will last several hours. These medicines can cause:
 - Confusion/poor concentration
 - Slower reaction time
 - Drowsiness/tiredness
 - Dizziness/feeling faint
 - Blurred or double vision
 - Muscle weakness
 - Anxiety and mood changes
 - Shakiness and unsteadiness.

These symptoms can make it unsafe for you to drive, cycle or use machinery and can put you and other road users at risk of an accident. **You should go straight home and rest for the remainder of the day. DO NOT** go anywhere else.

For the next 24 hours DO NOT:

- Drive a motor vehicle, motorcycle, or operate machinery,
 - Drink alcohol
 - Sign legal documents
 - Conduct business agreements
 - Exercise.
3. **You may resume your light 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) when you go home.
 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 with the passage of wind. 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 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.

9. 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.

Patient Specific Instructions:

Signed: _____ Name: _____

POST PROCEDURE SYMPTOMS REQUIRING IMMEDIATE ASSESSMENT:

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 bowel motions, or an unexplained high temperature within a week following the procedure. Please advise Ulladulla Endoscopy and Medical Centre of any signs or symptoms or infection such as fever, swelling, redness, pain or discharge or if you visit your local doctor and are prescribed antibiotics for an associated infection within 30 days of your procedure with us.

CONTACT: Dr Kevin Le – Phone 4455 5422 or Your Local Doctor or Hospital

For any urgent medical issues after hours, or if you are experiencing serious pain or discomfort following any procedure, you need to go to the Emergency Department of your closest Hospital.

EMERGENCY CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

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.

