Humber River Health

Acute Procedures Unit
(Endoscopy)

After your Gastroscopy or Colonoscopy, with or without a Polypectomy

You have had a **gastroscopy** to look at your esophagus (food tube), stomach, and duodenum (first part of the small intestine) or a **colonoscopy** to look at your entire large intestine. You may have also had a **polypectomy** to remove some polyps (growths) along the walls of the intestine.

At the start of the procedure, we gave local anesthesia (spray) to numb your throat and a sedative to help you relax. In some cases, you may have received general anesthesia to make you sleep.

You must have a responsible adult drive you home. We recommend that they stay with you for the next 24 hours.

SIGNS AND SYMPTOMS

After a gastroscopy or colonoscopy, with or without polypectomy, it is normal to:

- Have a sore throat, slight hoarseness, a tickle in your throat, or a dry cough for the next 24 to 48 hours.
- Have some cramping, gas, or a "full feeling" for the next 48 hours.
- Have a small amount of blood from your rectum.
- Feel drowsy or dizzy from the sedation or anesthesia. This may last for about 24 hours, until the medicine wears off.

Go to the nearest Emergency Department right away, if you have any new or severe symptoms such as:

- A fever at or above 38.3°C (101°F) and chills
- Shortness of breath or difficulty breathing
- Chest pain
- Severe abdominal (belly) pain, cramping, and bloating that lasts more than 48 hours
- Heavy rectal bleeding, blood in stool, or black tarry stool
- Vomiting (throwing up), with or without blood
- Difficulty swallowing
- Coughing up blood.

MEDICINES

REGULAR MEDICINE: We may have changed your medicines or asked you to stop taking your medicines for a few days. Follow your doctor's instructions on when to restart your medicines.

- **DO NOT** take Aspirin or blood thinners until your doctor has let you know it is safe to do so. **Taking these too soon after the procedure may increase your risk of bleeding.**

OTHER MEDICINE: If your doctor gave you prescriptions for other medicines, take them as directed.

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APPOINTMENTS

- If a follow-up appointment is needed, your doctor's office will contact you to arrange this visit.

RESULTS

- Your doctor will discuss any results or reports with you at the follow-up visit, as advised.
- You can also register for My Humber Health (HRH's patient portal) at https://myhumberhealth.ca, to view a copy of any test results and reports.

TALK WITH ME (ABOUT MY CARE)

ACTIVITY:

For the next 24 hours after your procedure:

- Rest at home.
- Do not drive or operate machinery.
- Do not conduct important business (such as sign any legal documents).
- Do not drink any alcoholic beverages, such as beer, wine, or liquor, or take additional sedatives.
- Do not smoke for several hours.

DIET:

☐ **If you had <u>one or more</u> polyps removed:**

- Drink **only fluids for 24 hours**, then return to your regular diet.

☐ **If you had <u>no</u> polyps removed:**

- Return to your normal diet.
- For the rest of the day, we suggest a light diet.

PAIN OR DISCOMFORT:

- To relieve a sore throat or dry cough, use lozenges or gargle with warm salt water, as needed.
- To relieve cramping, gas, or a full feeling, place a heating pad or pack on your abdomen (belly) and try passing flatus (gas).

SPECIAL INSTRUCTIONS:

If you have any questions, please call the **Ambulatory Procedures Unit (Endoscopy)** at (416) 242-1000, ext. 21600

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English: This information is important! If you have trouble reading this, ask someone to help you.	**Italian:** Queste informazoni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.	**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.