



MEDICAL CENTER ENDOSCOPY

6560 Fannin, Suite 600 • Houston, Texas 77030 • (713) 796-0500

DISCHARGE INSTRUCTIONS

POST THESE INSTRUCTIONS IN AN OBVIOUS PLACE AND REVIEW IN THE AM

ACTIVITY:

- Limit your activity for the remainder of the day.
- You should not drive or operate any equipment on the day of your procedure.
- You should not drink alcoholic beverages until the day after your procedure.
- Do not smoke until you are fully alert. This may be as much as 6 hours after the procedure is over.
- Do not make any important decisions until the following day.
- Notify your physician if you have any questions concerning your instructions.

DIET: You may resume oral intake upon dismissal unless otherwise instructed. For the rest of the day you should take only liquids or a light meal. Unless otherwise instructed, you can resume a regular diet the day after the procedure if you are feeling well and have no abdominal symptoms related to the procedure.

MEDICATIONS:

- If a polyp was removed, do not use any aspirin or anti-inflammatory drugs for 2 weeks, unless directed by your physician. (Tylenol is OK)
- Anticoagulants (such as Coumadin, Plavix, Heparin) should not be resumed until _____.
- Unless otherwise instructed, you may resume your medications after you are dismissed.
- Additional medications: _____
- Discontinue the following medications: _____

NOTIFY YOUR PHYSICIAN FOR ANY OF THE FOLLOWING:

- Severe abdominal pain or tenderness
- Chest pain
- Rectal bleeding, more than a few spots of blood on the toilet tissue or in a bowel movement
- Chills or fever greater than 100 degrees F
- Nausea or vomiting
- If you experience any symptoms that concern you, contact your physician. Please go to the nearest Emergency Room if unable to contact your physician

FOLLOW UP:

- Make an appointment to see your physician in _____.
 - A biopsy was obtained today. It is your responsibility to call your physician for results in _____ day(s).
- A nurse from Medical Center Endoscopy will attempt to call you as early as 7:00 a.m. the day after your procedure to inquire about your recovery and answer questions.

ADDITIONAL INSTRUCTIONS: Although your physician spoke with you after your procedure you may not remember. Call their office if you have questions.

PHYSICIAN

PHONE NUMBER

I hereby accept and understand all of the above instructions.

PERSON RESPONSIBLE FOR PATIENT / DATE

RELATIONSHIP, IF NOT PATIENT

NURSE GIVING INSTRUCTIONS

DATE & TIME

PATIENT INFORMATION