

## ***Gastroscopy (EGD) Discharge Instructions***

The Doctors Clinic Ambulatory Endoscopy  
2200 NW Myhre Road  
Silverdale, WA 98383  
(360) 830-1205

Patient's Name:

You have just had a gastroscopy (EGD) or upper GI tract examination. It is important for your smooth recovery that you carefully follow the recommendations below. Do not hesitate to call if any questions should arise about your anesthesia, condition, or care.

Call your physician, Robert H. Sudduth, M.D./Spencer S. Root, M.D. at (360) 830-1205 if any of the following problems occur:

1. Vomiting blood and/or "coffee ground" material.
2. Worsening of abdominal pain or cramping.
3. Trouble with breathing, cough, and/or fever (temperature above 101.5 F).
4. Increasing pain with swallowing.
5. Chest pain.
6. Any new symptoms.
7. Worsening of the redness at the IV site.

Our office hours are Monday-Thursday (8:00 am – 4:00 pm) and Friday (8:00 am – 12:00 pm). If you are calling after hours, our answering service will direct your call to your physician.

Symptoms you may experience during the next 24 hours:

1. Mild abdominal pain or excessive gas or a bloated feeling which improves with rest, liquids, eating lightly, and walking as tolerated.
2. Drowsiness and/or forgetfulness because of the medications you were given.
3. Throat numbness for about 1 hour.
4. A sore throat which you can treat with throat lozenges or by gargling with salt water.
5. Redness at the site of your IV which you can treat with warm compresses.

### **SPECIAL INSTRUCTIONS:**

1. You may resume your previous diet in one hour. We recommend a light meal to start, then progress as tolerated.
2. No alcohol, driving, operating heavy machinery, or making "legally-binding" decisions until you have had a good night's sleep.
3. Restart regular medications in one hour.
4. If you had biopsies or an esophageal dilation (stretching), no aspirin or non-steroidal containing medication for three days.
5. Also, with an esophageal dilation you may have a sore throat for 2 days and you should only eat soft foods for the next 2 days.
6. It is important to relax for the rest of the day. You may return to normal activities the day after your procedure.

Nurse's Signature:

Date/Time:

**Robert H. Sudduth, M.D.**  
**Spencer S. Root, M.D.**  
**Department of Gastroenterology**