

# **Chevy Chase Endoscopy Center**

## **Discharge Instructions**

You will be receiving anesthesia today during your procedure and because of the effects of these medications, please **DO NOT** do the following for the remainder of the day as you will be under the influence of medications:

- Drink alcoholic beverages
- Smoke unattended
- Drive a vehicle or operate heavy machinery
- Sign any legal documents or make any critical decisions.
- Exercise

Your physician will speak to you after your procedure and will explain the findings of your examination. Your doctor will let you know if any polyps or biopsies were taken. If any polyps or biopsies were taken, your doctor will advise you when to resume your normal or over the counter medications such as aspirin, anti-inflammatory medication, blood thinners, etc. If you had any biopsies taken, the results will take 5 to 7 business days and you may contact your physician at 240-737-0085 for any questions or concerns.

You may resume your normal diet after your procedure unless otherwise advised by your physician.

If you experience any of the following symptoms, please contact your physician by calling 240-737-0085. After hours you will reach the physicians answering service that will forward your call to the on call physician.

### **Upper Endoscopy**

**Difficulty Swallowing or Breathing**  
**Neck Swelling**  
**Excessive pain**  
**Nausea, vomiting, or fever**  
**Abdominal distension**

### **Colonoscopy**

**Severe abdominal pain**  
**Rectal bleeding**  
**Black Stool**  
**Fever**  
**Chest pain**

I have read and understand the above instructions.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time

\_\_\_\_\_  
Staff Witness