



## **EAST END GASTROENTEROLOGY & HEPATOLOGY**

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## **POST-OP INSTRUCTIONS**

### **Restriction On Activity**

- Do not drive, return to work or operate machinery until the day after the procedure.
- Following day - return to usual activity, unless otherwise instructed.
- No lifting, straining or running for 24 hours.
- Diet - avoid alcohol for 24 hours after procedure; otherwise eat and drink as usual.
- Do not make any important, personal or business decisions, sign any legal papers, or perform any activity that depends on your full concentrating power or mental judgment.
- Do not drink any alcohol or take any nerve or sleeping drugs as they may add to the effects of medicine still present in your body.

### **Treatment For Common After Effects**

- Mild abdominal pain and bloating - Rest and take liquids only.
- Sore throat- treat with throat lozenges or gargle with salt water.

### **Symptoms To Watch For And Report To Your Physician**

- Chills or fever occurring within 24 hours after procedure.
- Persistent rectal bleeding.
- Severe continuing abdominal pain, bloating, vomiting or nausea.
- Persistent IV site swelling / redness.
- Severe pain in chest or neck
- IV site stays red and swollen for more than 2 days
- Persistent black, tarry bowel movements.

### **If A Polyp Has Been Removed, For The Next 14 Days**

- Consult your physician before taking any medications.
- If rectal bleeding occurs, call your physician.