



# After Your Endoscopy

## Self-care and follow-up

### Today

Unless your provider told you otherwise, you can resume your usual diet and medicines. Resume taking anticoagulation or antiplatelet medicines, if you normally take them.

For your safety and the safety of others:

- Do **not** drive today. It is against the law to drive after this procedure.
- Do **not** drink alcohol today.

### The results of your exam today:

- The results of your exam were normal.
- Results of any of the following will be sent to you in about 2 weeks:
  - *Biopsies* (tissue samples) that were taken.
  - 1 or more polyps that were removed.
- For the next 7 days, do **not** take pain medicines such as aspirin, ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). You can take Tylenol and prescription pain medicines.
- An area of bleeding or potential bleeding was treated.
- Repeat this test: \_\_\_\_\_ in \_\_\_\_\_ weeks/months/years.
- Comments and special instructions:

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### When to Call

Your questions are important. Call the clinic right away if you have any of these symptoms in the next week:

- Unusual pain in your abdomen, chest, or shoulder
- Bloody or black stool
- Vomiting blood
- Ongoing nausea or vomiting
- Difficulty swallowing
- A fever above 100°F (37.8C)

#### Digestive Health Center:

Call 206.598.4377.

After hours and on weekends and holidays, call this same number for a list of options for after-hours care.