

## Discharge Instructions

### Instructions for your recovery:

#### Activity:

- Rest for the remainder of the day. You may resume normal activities tomorrow.
- **Avoid** strenuous activity, heavy lifting or operating heavy machinery.

#### Diet:

- Start with light, easy-to-digest foods like soup and crackers. Gradually return to your normal diet as tolerated. Drink plenty of fluids.
- **Avoid** heavy, greasy foods and alcoholic beverages for the rest of the day.

#### Medications:

- If you were given medication for sedation today, you may experience lightheadedness, sleepiness, and temporary memory loss. **DO NOT DRIVE** for the rest of the day. Do not make any important decisions, sign any legal documents, or do any activity that requires good judgement.
- You may continue your present medications, unless otherwise noted by your physician.

### Instructions for Follow-up

**If you are experiencing a medical emergency, call 911 or visit the nearest emergency department.**

#### Post- procedure Symptom Management:

- Pain management: Mild bloating, gas and cramping is normal and should resolve in a few hours. Walking and moving around can help relieve this discomfort.
- Bowel movements: If you had a colonoscopy, your first bowel movement after procedure may be delayed and may contain small amount of blood, this is normal.

**Call our office (503-229-7137) if you experience any of the following or if you have any questions after your procedure:**

- Increased pain, nausea, vomiting
- New or increased bleeding
- Fever (greater than 101)/ chills
- Unusual shortness of breath
- Any problem that may affect your recovery or that you are concerned about

#### Pathology Results:

- If you had any biopsy specimens taken today, your results will be expected to be reviewed within 7-10 days.
- If you are signed up for MyHealth you may have access to your results before your provider has an opportunity to review them. Our office will contact you if there are any concerns with your results. If your results are normal and you are not on MyHealth, you will receive your results by mail.