Recovery and Post-operative Instructions:
Endoscopy (Colonoscopy and EGD)

Diet

• No restrictions, you may resume your regular diet. Most patients are able to eat immediately after endoscopy without problems. You may have a sore throat for 1-2 days, but this should resolve.
• Drink plenty of fluids (> 2 Liters per day), including juices, water, broth, and sports drinks after the procedure to rehydrate your body, especially if you had a colon prep, you will be dehydrated.

Medications

• You generally will not have any new medications after the procedure.
• You may resume your regular medications unless told otherwise by the surgeon.

Activity

• Rest for the remainder of the day after your procedure. You may resume normal activities as you can tolerate. You may return to work or school as you feel you are ready, generally the day after the procedure.
• NO DRIVING FOR 24HRS after the procedure due to the effects of the sedating medications. You will need to have a designated driver to take you home after the procedure.

**Call the surgeon's office: (303-689-6560) if you experience any of the following:**

(If you call after hours or on the weekend you will get the answering service and you will speak to the doctor on-call)

• Severe abdominal pain that is worse than gas pain or cramps, or worsening pain.
• A firm, bloated (distended) abdomen, that is painful to touch.
• Fever with temperature higher than 101.
• Any chest pain or difficulty breathing or irregular heart beat.
• Vomiting or vomiting blood.
• Blood from the rectum or blood in your bowel movements (more than a couple tablespoons).
• Difficulty swallowing or severe throat pain.
• Any other concerns regarding your procedure or recovery.
Follow-up Visit

Many patients will not need a follow up visit after an endoscopy. If the doctor took any samples for a biopsy, it will take about 3-7 days to get these results from the lab. The doctor will contact you with the results and will determine if you need a follow up visit, depending on the findings during the examination.

Please call with any concerns regarding your surgery or recovery.