

**EGD (Esophagogastroduodenoscopy) and Colonoscopy  
Discharge Instructions**

- No alcohol for 24 hours.
- No driving until tomorrow.
- Resume your regular diet and medications unless otherwise instructed.
- You may have a bloated sensation and pass large amounts of gas today.
- If diagnosed with reflux or stomach ulcers:
  - You may benefit from acid reducing medication. These may be purchased over the counter (examples include Omeprazole or Ranitidine). If used for greater than six weeks, contact your primary care physician for further instructions.
  - Avoid aspirin, non-steroidal, anti-inflammatory drugs, alcohol, caffeine, or tobacco products.
- If you have any of the following occur, please contact your surgeon:
  - Chills or fever over 101°.
  - Severe pain not relieved by medication.
  - Nausea or vomiting. Vomiting blood or coffee ground looking emesis.
  - Persistent or heavy rectal bleeding other than what was described by your surgeon.
- The surgeon's clinic will notify you when and if you need to repeat your exam.
- If you had any biopsies taken or polyps removed you will receive a letter from the surgeon's office regarding the pathology results in a few weeks. You may call the surgeon's office at **712-262-6320** after two weeks to check your results.

Additional Instructions and Medications: \_\_\_\_\_

\_\_\_\_\_

*It has been our pleasure to take care of you. If you have any questions about your care, please contact our office during normal business hours at 712-262-6320. After hours or weekends, please call your local emergency room.*