

Your Guide to Post-Endoscopy Care

Endoscopy procedures are important for the diagnosis and treatment of many conditions, and your recovery instructions will vary depending on the specific type of scope performed. However, this guide has been designed to help you manage “normal” or expected side effects as well as concerns that may require more immediate attention.

Anesthesia, the use of air to expand the digestive tract, or the removal and sampling of tissue can cause the following. When mild and self-resolving, these side effects are considered normal:

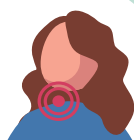


For mild nausea, try sipping ginger ale, Sprite, peppermint tea or peppermint hard candies. Rest for the day if you feel groggy.



For bloating or cramping, try walking, changing positions or passing gas.

For a sore throat, try lozenges or gargling warm salt water for a day or two after your procedure.



It is not uncommon to see a small amount of blood on toilet paper. This should resolve in 24 hours.



If unpleasant side effects persist for more than 24 hours, do not improve or begin to worsen, contact your healthcare provider. Your care team will advise you on next steps if you experience:

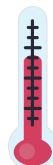
Ongoing nausea; continued abdominal pain and cramping; stomach feels firm or distended; constipation; trouble urinating



Confusion or fatigue that does not resolve with rest; neck pain or tightness; sore throat that lasts more than three days



Black, tarry stools; blood from the rectum that changes the color of water in the toilet bowl; repeated vomiting with or without blood



Onset of a low-grade fever or chills following your procedure

If your side effects are severe, extreme or worsening quickly, call your care provider or proceed to the nearest emergency department. Concerning symptoms might include:



New or worsening chest pain or tightness; difficulty breathing; severe neck pain or tightness



Vomiting bright red blood; persistent or uncontrolled vomiting; heavy rectal bleeding or blood clots from rectum

Fever of greater than 100.6°; lethargic or hard to wake



Severe abdominal pain or intense cramping; stomach feels rigid and painful



If you believe you are experiencing a medical emergency, call 911.