

## When you go home you may eat:

- Anything you like in moderation
- Soft foods only until morning
- Soft foods only
- Fluids only until morning
- Other .....

## After discharge for the rest of the day

### Don't

- Drive a vehicle of any sort
- Use machinery of any sort
- Sign any important documents
- Drink alcohol
- Participate in any strenuous activity

### Do

- Rest
- Resume normal activities the day after your procedure
- Be aware sedation can make you feel light headed and increase your risk of falls

## Customer Feedback

ACT Endoscopy aims to provide the best possible customer service and care to our patients. We value your feedback and should you have any suggestions that would assist in improving our service it would be greatly appreciated.

The staff will address any concerns that you or your family may have in relation to your healthcare promptly. Please complete one of the Customer Feedback forms, which are available from Reception.

**ACT** *endoscopy*

# Discharge Instructions

Equinox 1,  
2/70 Kent Street,  
Deakin ACT 2600

**Phone:** (02) 6232 4790

**Fax:** (02) 6232 4141

## It is very rare to have any complications after an Endoscopy.

### After your procedure:

- It is normal to feel a little tired
- If you had a Gastroscopy you may have a slight sore throat afterwards. If this develops, use throat lozenges or warm salt water gargle for relief.
- If you had a Colonoscopy you might experience some wind pain and flatulence afterwards.
- If you had some polyps removed from your bowel it is not unusual to have slight bleeding on the toilet paper or toilet bowl.
- Clip used (*instructions given*)
- Dye used (*instructions given*)
- Your bowels should return to your normal pattern over the next 24 - 48hrs. Some people might experience wind pain/cramps or diarrhoea within that time.
- Please be aware that you may be dehydrated and will need to drink plenty of fluids for the next 24hrs.

### The following symptoms are NOT normal:

- Severe pain
- Prolonged vomiting. Vomiting blood
- Coughing up large amounts of blood
- Passing black or bloody stools
- High Temperatures
- Excessive Bleeding, Clots

## If you experience any of the abnormal symptoms you should seek medical advice.

- Business Hours: This Centre is open from 7.30am to 6.00pm Monday – Friday. Telephone (02) 6232 4790.
- Out of Hours: Contact your local doctor for advice; take this leaflet and your procedure report with you.
- If you are unable to contact your local doctor, contact The Canberra Hospital on (02) 5124 0000 or the Calvary Hospital on (02) 6201 6111. Alternatively present to the Emergency Department of your local hospital.
- Please contact the facility if you experience any signs or symptoms of infection within 30 days that could be related to your procedure

## Follow-up Instructions

### Appointment:

- Refer to Doctor's report
- See Gastroenterologist  (*Ring rooms for appointment*)
- See your GP in 7-10 days
- Ring Clinic nurse for results
- Your Gastroenterologist will write to you with your results

### Other:

.....

.....

.....