

The Sydney Clinic for Gastrointestinal Diseases

Level 10, 1 Newland Street, Bondi Junction NSW 2022

DISCHARGE INSTRUCTION SHEET

You have had the following procedure/s today:

- Gastroscopy Colonoscopy Flexible Fiberoptic Sigmoidoscopy
 Polypectomy Biopsies Clip Banding of Haemorrhoids

Your Specialist is Dr. _____ Phone number: _____

The drugs that you have received during the test can take several hours to wear off completely. Therefore, it is important that until tomorrow you:

- **Do not drink alcohol**
- **Do not drive or operate machinery**
- **Do not make any important decisions or sign any legal documents**
- **Use caution when accessing social media**
- **Drink plenty of fluids and return to a normal diet**
- **Rest**

It is usual to experience:

- Slight bleeding after a polypectomy or biopsy.
- Not opening your bowels or altered bowel habits for several days.
- A slight sore throat after a gastroscopy. This will lessen within 24 hours.

Complications following endoscopy procedures are extremely rare. However, if you experience the following, you should report it to your Specialist immediately:

- **Persistent or increased bleeding, or bleeding after 7 days.**
- **Persistent or increasing abdominal pain, discomfort or distension.**
- **Increase in temperature, shivers and chills.**
- **Difficulty swallowing or shortness of breath.**
- **Redness, pain or swelling at the cannula site.**

If you have any concerns:

During office hours (8:00 am-5:00 pm) please contact the Clinic on **02 9369 3666**

After hours, contact your Specialist, details listed above.

Alternatively, speak to your referring doctor or local GP.

For all emergencies attend the Accident and Emergency Department of your nearest hospital, please take your endoscopy report with you.

FOLLOW UP : Appointment date and time: _____

Your follow up appointment is important for managing your condition. If you are unable to attend, please call to reschedule or cancel on **02 9369 3666**

Further Instructions: _____

RN Signature _____

Pt label

Date: _____