

WHAT TO EXPECT AFTER YOUR UPPER ENDOSCOPY

Dear Patient:

Please follow these guidelines to ensure the best possible outcome after your procedure:

- ❑ Do not drive, operate hazardous machinery, or make critical legal decisions for at least 12 hours.
- ❑ You should be in the presence of an adult for 4-6 hours after your procedure.
- ❑ Resume medications when you start eating unless otherwise instructed.
- ❑ Mild bloating is normal. Discomfort can be relieved by walking.
- ❑ You may have a slightly sore throat which could last 1-2 days. Use warm salt-water gargles or lozenges.
- ❑ If biopsies are taken you will be contacted with results within 1-2 weeks.
- ❑ You should call us at 970-669-5432 immediately, and at any time of day or night, if you have a fever, severe throat or neck pain, or persistent abdominal, back or chest pains, shortness of breath, or any concerns.

