

**DIGESTIVE DISEASE ASSOCIATES OF ROCKLAND**  
**974 Rte. 45, Pomona, NY 10970**  
**(845) 354-3700**  
**Post-Endoscopy and/or Colonoscopy Instruction Sheet**

Patient \_\_\_\_\_ Date \_\_\_\_\_

1. If medication was used for sedation during your procedure, it will be acting in your body for the next 24 hours. You may feel a little drowsy when you get home, but this feeling will gradually wear off. Therefore, for the next 24 hours we advise that you:
  - a) not drive a car, operate machinery or power tools
  - b) not make important decisions or sign important papers
  - c) not drink any alcoholic beverages
  - d) avoid using the stove for cooking
  - e) you may experience light-headedness, dizziness and sleepiness following IV sedation. It is advisable to have someone with you for the remainder of the day. Be careful when you walk or climb stairs
2. You may have some gas cramps. These will pass with time. You may lie on your stomach, roll to your right side, then to your left side to increase the gas to expel. If your pain does not improve, call the office immediately.
3. You may eat anything. If your doctor has instructed you on a specific diet, then follow those instructions.
4. You are not expected to have any fever, however, if you feel "feverish" today, take your temperature. If it is 100.2 or greater, call the office immediately.
5. If you have had a polyp removed, do not do any strenuous exercise for one week, or take any medications containing aspirin for 10 days.
6. You may resume all medications prescribed by your doctor.
7. Specific complications to watch for are:
  - a) Fever over 100.2
  - b) Abdominal or shoulder pain, vomiting
  - c) Numbness, tingling or cold fingers or toes
  - d) Inability to urinate
  - e) Difficulty breathing
  - f) Extreme bleeding or bleeding with clots by rectum or by vomiting. (Small amounts of bleeding may occur after biopsy or polypectomy)
  - g) Difficulty swallowing

**If any of the above occur, please call our office immediately – 845-354-3700**

8. **Laboratory Results:** We will call you with the results of any pathology reports. **If you don't hear from us in 10 days, please call our office.**

I have read and understand the above. (unless otherwise indicated)