

You have just had an endoscopic procedure. We at the Gulf Coast Endoscopy and Surgery Center are interested in your complete and uncomplicated recovery. The following guidelines, used in conjunction with your doctor's specific postoperative instructions will help you achieve that goal.

Some of the medications you received during your procedure can stay in your body for up to 24 hours. Because these drugs can affect your reflexes and sense of balance, you should go straight home and rest for the remainder of the day. We strongly suggest that you have a responsible adult with you for the first few hours after the procedure. Resume taking any medications prescribed to you prior to procedure.

Most people feel tired or sleepy after their procedure usually for around 24 hours. You should take frequent rest periods and gradually increase your physical activity until you can maintain your normal activity level.

Oxygen administered during the procedure can be very drying to the nasal membranes. The nasal membrane responds to this dryness by producing excess moisture. A runny nose is not uncommon after the procedure, and will subside once the moisture is restored.

Some patients experience a mild headache after the procedure. This is usually due to hunger. Once you have eaten the headache should go away.

It is normal for the I.V. site to be bruised, slightly reddened, and a little sore. Warm packs applied to the site will help relieve some of the discomfort. If the area becomes hard and swollen, if a red line appears along the vein above the insertion site, please notify either your physician or the Endoscopy Center.

Although most procedure complications occur in a very small number of cases, you should be aware of some of the most obvious symptoms of these complications. Do not hesitate to notify your doctor if you develop any of the following symptoms.

- Temperature of 101 degrees or greater
- Chest pain
- Persistent nausea and vomiting
- Excessive Rectal Bleeding
- Persistent Cough
- Abdominal Pain

Please follow your physician's instructions carefully.