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Patient Education:

Upper Endoscopy, Adult, Care After

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This sheet gives you information about how to care for yourself after your procedure. Your health care provider may also give you more specific instructions. If you have problems or questions, contact your health care provider.

What can I expect after the procedure?

After the procedure, it is common to have:

- A sore throat.
- Mild stomach pain or discomfort.
- Bloating.
- Nausea.

Follow these instructions at home:



- Follow instructions from your health care provider about what to eat or drink after your procedure.
- Return to your normal activities as told by your health care provider. Ask your health care provider what activities are safe for you.
- Take over-the-counter and prescription medicines only as told by your health care

provider.

- **Do not** drive for 24 hours if you were given a sedative during your procedure.
- Keep all follow-up visits as told by your health care provider. This is important.

Contact a health care provider if you have:

- A sore throat that lasts longer than one day.
- Trouble swallowing.

Get help right away if:

- You vomit blood or your vomit looks like coffee grounds.
- You have:
 - A fever.
 - Bloody, black, or tarry stools.
 - A severe sore throat or you cannot swallow.
 - Difficulty breathing.
 - Severe pain in your chest or abdomen.

Summary

- After the procedure, it is common to have a sore throat, mild stomach discomfort, bloating, and nausea.
- **Do not** drive for 24 hours if you were given a sedative during the procedure.
- Follow instructions from your health care provider about what to eat or drink after your procedure.
- Return to your normal activities as told by your health care provider.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.