



QUEEN CITY

GASTROENTEROLOGY
& HEPATOLOGY

320 Lillington Ave, Suite 101

Charlotte, NC 28204

Upper Endoscopy Discharge Instructions

Restriction on Activity:

You received medication that slows your reflexes and decreases your ability to think clearly. It is important that you DO NOT drive a car or operate any machinery today. Be careful with position changes such as going from a lying position to a sitting position to a standing position. Do not make any important decisions for the rest of the day. Tomorrow you can resume your normal activities.

Diet:

1. No alcoholic beverages for the rest of the day.
2. After one hour you may resume your usual diet and medications, unless otherwise instructed by your physician.

Treatment for common after effects:

1. Sore throat: Treat with throat lozenges or gargle with warm salt water.
2. Mild abdominal pain and bloating: Rest and taken in only fluids.

***** ***** **IF YOU HAVE HAD DILATION** ***** *****

- Remain on soft foods (mashed potatoes, pudding, yogurt, etc.) for 72 hours after your procedure.
- No meats for three (3) days.
- If soft foods are tolerated without difficulty, you may resume your regular diet in three (3) days.

If you have any questions, please contact our office at 704-362-4403