

# WHAT TO EXPECT AFTER YOUR GASTROSCOPY

**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.
- ✓ Do not eat or drink for 1 hour after your procedure. First try water. Resume your regular diet when you are able to swallow adequately.
- ✓ 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.

