

Patient Account Sticker Here

### EGD Discharge Instructions

- No alcohol for 24 hours.
- No driving until tomorrow.
- Resume your regular diet and medications unless otherwise instructed.
- You may have a bloated sensation and pass large amounts of gas today.
- If GERD:
  - Elevate the head of your bed on 6 inch blocks.
  - Do not eat three hours prior to bedtime and do not lay down for one hour after eating
  - Avoid aspirin, non-steroidal, anti-inflammatory drugs, alcohol, caffeine, or tobacco products
  - Follow a GERD diet.
- If you have any of the following occur, please contact your doctor:
  - Chills or fever over 101°
  - Severe pain not relieved by medication
  - Nausea or vomiting. Vomiting blood or coffee ground looking emesis
- The surgeon’s office will notify you when and if you need to repeat your exam.
- If you had any biopsies taken or polyps removed you will receive a letter from the surgeon’s office regarding the pathology results in a few weeks. You may call the surgeon’s office at **712-262-6320** after two weeks to check your results.

Additional Instructions and Medications: \_\_\_\_\_

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\_\_\_\_\_

Appointment: \_\_\_\_\_ at \_\_\_\_\_

**If you have any questions regarding your care, please contact Northwest Iowa Surgeons at 712-262-6320.**