

## Home Care after Your ERCP (Endoscopic Retrograde Cholangiopancreatography)

### After the Procedure

You may have a mild sore throat. Saltwater gargles or sucking on hard candy should help.

You may have some gas pains from the air used to distend your stomach. If you burp, this will help.

### At Home

- **You must have an adult to take you home. Do not drive today.**
- Plan to rest today. You should be able to resume normal daily tasks tomorrow.
- **Do not** drink alcohol.
- **Do not** take tranquilizers or sleeping pills tonight.
- You may resume your routine medicines unless told otherwise.
- **Do not** use hazardous machinery.
- There may be some soreness and redness at the IV site for a day or two. If this happens, place a warm, moist washcloth over the area to help. Please call your primary doctor if this does not improve in a couple of days.
- **Do not** make any important personal or business decisions today.

### Diet

Follow a clear liquid diet until tomorrow morning. Clear liquids include:

- Water
- Ginger ale, 7-up®,
- Clear juice (no pulp),
- Tea, broth
- Coffee (no cream or milk).

You may resume your normal diet the next day. Start out with a light diet to prevent nausea.

### When to Call

- New severe, sharp, or steady pain in your stomach, neck, or chest.
- Fever over 100° F.
- Vomiting of blood (red or brown in color).
- Bowel movements that look black (can be a sign of bleeding).
- Lightheaded or dizziness when standing.
- Shortness of breath or trouble breathing.

### Who to Call

If you have questions or concerns within 24 hours of your ERCP, please call the number below. After 24 hours, please call your referring doctor.

### How to Contact Us

GI Procedure Center  
7:00 AM to 5:00 PM  
**(608) 263-8094**

After clinic hours call **608-262-0486**. This number will give you the paging operator. Ask for the Gastroenterology (GI) doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

If you live out of the area, call **1-800-323-8942**.