

## Home Care After Your Upper Endoscopy

### What to Expect

You may have a mild sore throat. You can gargle with lightly salted water or suck on hard candy to relieve symptoms. You may also feel full or have gas pains.

When you have received sedation, you are at an increased risk of falling. You may need help with things you don't normally need help with. Falls can result in serious injury.

To **prevent** a fall:

- Ask for help.
- Get up slowly.
- Wear your eye-glasses.
- Use a cane or walker if needed.

### After Your Procedure

- You **must** have a responsible adult to take you home. Do not drive today.
- **Do not** drink alcohol.
- **Do not** take tranquilizers or sleeping pills tonight.
- Rest today. You may resume normal daily tasks tomorrow.
- You may resume your routine medicines unless told otherwise.
- You may resume your normal diet. Start with a light diet to prevent nausea.
- The IV site may be sore and red for a day or two. Place a warm, moist washcloth on the area to relieve pain. Contact your primary doctor if this is not better in a couple of days.
- **Do not** make any important personal or business decisions today.

### Results

If the doctor took biopsies, you will get the results in the mail in 1-2 weeks. If you do not get the letter after 2 weeks, call 890-5000, select "clinic" when prompted. Ask for your doctor's nurse.

### When to Call

Call your doctor right away if you have:

- Vomited blood
- Lightheadedness
- Bloody stools
- Chest pain
- Abdominal pain
- Fever or chills

### Who to Call

UW Health Digestive Health Center  
750 University Row  
Madison, WI  
**(608) 890-5000**  
**(855) 342-9900**

UW Health- GI Procedure Clinic  
600 Highland Avenue  
Madison, WI  
**(608) 263-8097**  
**(800) 323-8942**

Meriter Hospital Digestive Health Center  
Lower Level  
202 S. Park Street  
Madison, WI  
**(608) 417-6389**

After clinic hours, leave your name and phone number with the area code. The doctor will call you back.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©6/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4564.