

Home Care After Your Upper Endoscopy (Includes Dilation, EndoFlip or Esophageal Banding)

This Health Fact will give you health and safety guidelines to follow at home after an upper endoscopy.

What to Expect

After your endoscopy you may have:

- **Mild sore throat:** Gargle with lightly salted water or suck on hard candy for relief.
- **Gas pains or fullness.**
- **Chest pain:** This should go away within 24 hours.
- **Redness/soreness at IV site:** Use a warm, moist washcloth for relief. Call your primary doctor if this does not get better in a couple of days.

Preventing Falls

You are at an increased risk of falling after sedation. 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 glasses.
- Use your cane or walker.

Activity

- **No driving** for 24 hours.
- **Do not** drink alcohol.
- **Do not** take tranquilizers or sleeping pills the first night. You may resume all other normal medicines unless told otherwise.
- **Do not** make any important personal or business decisions today.
- Rest today. You may resume your normal daily tasks the next day.

Diet

You may resume your normal diet if you have had a routine endoscopy and were not given other instructions. Start with a light diet to prevent nausea. Follow your doctor's diet instructions if you had a **dilation** or a **banding of varices**.

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 the clinic. Ask for your doctor's nurse.

When to Call

- Vomited blood
- Dizziness
- Bloody or black tarry stools
- Chest pain
- Abdominal pain
- Fever or chills
- Trouble swallowing or pain when swallowing
- Trouble breathing

Who to Call

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

University of Wisconsin Hospital & Clinics
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 ©4/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4563.