



Discharge instructions following an endoscopy

WHAT YOU NEED TO KNOW

You just had an endoscopy. During this exam, a tube equipped with a camera was inserted in:

- ☐ **your anus to view your intestine (colonoscopy);**
- ☐ **your mouth to view your stomach (gastroscopy).**

If you were given a relaxant (sedative) or a painkiller (analgesic), you were kept under observation until the effects of these medications wore off. You can now safely leave the healthcare centre.

Recommendations for the next 24 hours:

- **Do not drive** a motor vehicle or operate heavy machinery;
- **Do not** consume alcohol or drugs;
- **Avoid making major decisions** (e.g., signing a contract, making a large purchase, etc.);
- **Do not take any other types of painkillers or relaxants** without first speaking to the doctor who performed the exam.

While colonoscopies and gastroscopies are safe procedures, certain side effects or complications can occur, as explained before your exam.

Possible side effects

If you were given a relaxant (sedative) or a painkiller (analgesic), you may experience certain side effects:

- | | |
|-----------------|-----------------------|
| • Drowsiness; | • Dizziness; |
| • Dry mouth; | • Impaired judgement; |
| • Headache; | • Clumsiness |
| • Nausea; | or balance problems. |
| • Constipation; | |

These side effects are normal and will disappear shortly. It is important that you stay hydrated in the hours following the exam.

Contact information for healthcare centres

Territory of Grand Suroît

450-371-9920, ext. 2597

(Monday-Friday, 8 a.m.- 4 p.m.)

- ☐ **Hôpital du Suroît**
150 rue Saint-Thomas
Salaberry-de-Valleyfield
- ☐ **Centre multiservices
de santé et de services
sociaux de Vaudreuil-Dorion**
3031 boulevard de la Gare
Vaudreuil-Dorion
- ☐ **Barrie Memorial Hospital**
28 rue Gale
Orms town

Territory of Châteauguay

450-699-2514

(Monday-Friday, 8 a.m.-4 p.m.)

- ☐ **Hôpital Anna-Laberge**
200 boulevard Brisebois
Châteauguay

**If you need to cancel
your appointment, please
let us know 48-72 hours
in advance by calling the
telephone number for the
territory where your exam
is scheduled to take place.**

Gastroscopy

You may experience numbness or pain in your throat.

Colonoscopy

You may experience bloating or pain in your stomach due to gas. It is important that you pass this gas, and walk if you are able to.

*** Note that you may not have a bowel movement for 2 or 3 days because of the medications (laxatives) you took before the exam to clean out your bowels.**

Possible complications

In the first 24 hours after the exam, if you experience one or more of the following symptoms, **stop drinking and eating, and consult your doctor immediately** (or go to the Emergency department):

- Problems breathing or shortness of breath;
- Repeated vomiting;
- Abnormally bloated, hard and painful stomach, or absence of gas;
- Constant and worsening pain in the stomach, shoulders or chest;
- Black stools or blood clots in the stools;
- Fever higher than 38.5°C (101.3°F);
- Tendency to fall asleep often, problems staying awake;
- Strange and unusual behaviour (confusion, aggression, agitation, extreme and sudden pallor).

Instructions for returning home

Follow the instructions given in the document entitled “Endoscopy follow-up instructions”.

Reference:

Avis sur la surveillance clinique des clients qui reçoivent des médicaments ayant un effet dépressif sur le système nerveux central (OIIQ 2009)/Lignes directrices sur les soins infirmiers en coloscopie chez l'adulte (OIIQ 2016)