

Clinical Associates Ambulatory Surgery Center

515 Fairmount Avenue, Suite 100Towson, MD 21286

Discharge Instructions

General Instructions:

1. Do not drive or operate machinery or tools until tomorrow.
2. Avoid strenuous activity, alcohol and tranquilizers today.
3. If soreness occurs at IV site, use warm compresses 10-15 minutes several times a day.

D Post Upper Endoscopy:

1. Eat lightly - nothing spicy, greasy or too rich today.
2. You may experience a minor sore throat, but it should pass quickly.
3. If you experience severe abdominal or chest pain, vomit blood or develop a temperature over 101 degrees not related to a cold or flu, notify your doctor immediately.

D Post Colonoscopy:

1. Avoid gas-producing food and drink today (i.e., salads, beans, anything in cabbage family, carbonated beverages).
2. You may experience some abdominal pain and distention due to air introduced into the colon. Walking will help expel air and relieve discomfort.
3. If you experience severe abdominal pain, a large amount of blood in stools or temperature over 101 degrees, call your doctor immediately. A small amount of blood on toilet tissue is not unusual.

Additional Discharge Instructions (if indicated):

Medication Instructions (if indicated):

If an emergency, call 911 or call your doctor. If necessary, go to the closest emergency room or wait for your doctor to return your call and follow his instructions.

These instructions have been explained to me and I received a copy of these instructions.

Patient / Responsible Adult Signature

Date

Instructions explained by: _____(RN)

Dr. Rosen 410-601-8255

Instructions explained by: _____(RN)

Dr. Corkum 410-494-1315

CAEND003