



Endoscopy Center  
Bon Secours St. Francis Hospital  
Charleston, SC 29414

### **Upper Endoscopy (EGD) with Cautery Discharge Instructions**

#### General Information:

- If you have received medication for your procedure, your reflexes will be decreased for approximately 24 hours.
- You may experience drowsiness, dizziness or slight nausea.
- You **must** have someone drive you home.
- For the next 24 hours, **do not drive** any type of vehicle, operate machinery or drink alcohol.
- Go directly home from the hospital and restrict your activities for the rest of the day.
- You may resume most of your normal activities and return to work the day after your procedure, unless otherwise instructed by your doctor. However, remember, do not drive any type of vehicle for at least 24 hours.

#### Diet:

- Follow a full liquid diet for 24 hours after the procedure.
- Then advance to a soft diet and maintain a soft diet for one week.
- You may resume your normal diet as tolerated after one week.

#### Medications:

- Use the GI Cocktail (Maalox/Lidocaine mixture) as prescribed for chest discomfort.
- You may take the morphine or the Tylenol/codeine oral solution in addition to the GI Cocktail as prescribed, if needed for pain control.
- Use the anti-nausea medication suppository (Phenergan) provided by your physician for nausea/vomiting.
- Avoid aspirin or non-steroidal anti-inflammatory medications for 7 days.

#### Additional Instructions:

- Contact your physician immediately for significant chest pain not relieved by medications, extreme difficulty swallowing, fever, bleeding, abdominal pain, difficulty breathing or severe vomiting.
- Contact your physician's office for any questions, concerns or medication refills after your procedure.