

Other Symptoms to Look For

As with any procedure, there is always a risk of complications. Please call your doctor or nurse *immediately* if you experience the following symptoms:

- Chest pain
- Severe or persistent abdominal pain
- Dark yellow colored urine or not needing to urinate for more than 5 hours (these are signs of dehydration.)
- A bloated or hard belly
- Vomiting
- Shortness of breath
- Difficulty swallowing

Who to Call

Surgeons' Office

(207) 834-3060

Surgical Services

(207) 834-1674

Northern Maine Medical Center

(207) 834-3155 (switchboard)

Follow Up Phone Call

It is important to your care team that you continue to do well once you return home. A staff person will be calling you a few days after your procedure to make sure you are recovering well and to answer any questions you might have.

*Thank you for choosing
Northern Maine Medical
Center.*

*Your feedback is important to
us. You may receive a survey
in the mail. Please take a few
moments to complete it. Your
opinion matters!*



NMMC Endoscopy Discharge and Recovery



*What to
Expect After
Your
Procedure*

Members of your care team will make sure you are recovering well from your procedure.

Once you are stable, you will be returning home and you will need to pay attention to signs and symptoms as well as follow your discharge instructions.

Here is what you can expect and what you can do if any of the following symptoms occur.

Bleeding

Your risk of bleeding complication increases if the procedure involves removing a piece of tissue or treating a digestive system problem. Please call your provider *immediately* if any of the following symptoms occur:

- Bowel movement with blood or a bowel movement that is black and looks like tar.
- Vomiting blood or something that looks

Pain Management

It is not likely that you will experience much pain after your procedure.

- Your doctor or nurse will tell you what kind of discomfort, if any, to expect after your procedure.
- Pain medication is not routinely prescribed following an endoscopy procedure.
- During your procedure, we may have needed to press on your abdomen.

Signs of Infection

Infection does not usually happen since we take many precautions during the surgery to prevent an infection.

Unfortunately, despite our best efforts, sometimes an infection can still occur.

It is important to call your provider *immediately* if you show any of these signs of infection:

- Fever higher than 101 degrees F.

Nausea/Vomiting

It is not very common to experience nausea and/or vomiting after your procedure, however, if you do, these are some things you can do to ease the symptoms:

- Take medications your doctor prescribes to you to prevent nausea and vomiting, even if you feel fine.
- Drink plenty of fluids so that you don't get dehydrated.
- Eat 5 to 6 small meals instead of 3 big ones, especially if you feel queasy.
- Avoid foods that are spicy, greasy or "heavy." Instead, eat foods that are bland, such as crackers, rice and toast. Other good food choices are soup broths, clear soda, tea, chicken (boiled or baked), oatmeal and popsicles.
- Eat and drink slowly.