



Post Esophagogastroduodenoscopy (EGD) Care Instructions

1. The patient may feel sleepy and drowsy as the anesthesia medication used during the procedure wears off. The medication will gradually wear off over the next 24 hours. During this time, your judgment and reflexes will be poorer. Even though you may feel awake and alert, we suggest that the patient not make important decisions during this time and remain off the job and refrain from driving until the day after the procedure.
2. Do not do any heavy lifting or strenuous activity for 48 hours. Do not use any heavy or light machinery, such as lawnmowers or workshop tools and machinery (saw, drills, etc), for the remainder of the day after the procedure. You may go up and down stairs and carry on normal activities otherwise.
3. You may have a light meal following the procedure and resume your regular diet the same day or following day. Drink plenty of fluids.
4. You may resume your regular medications, unless directed differently by your physician. No aspirin or products containing aspirin for the next 5 days.
5. Schedule a post-operative visit 10-14 days after the procedure if one has not been arranged beforehand. Please call the office at 970-668-5858.

*These recommendations are suggested for otherwise healthy patients without underlying health problems. Please call the office at 970-668-5858 if there are any concerns or questions.

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