

Upper Endoscopy (EGD) Discharge Instructions

Patient Name: [Patient Name]

Date of Procedure: [Date]

Physician: [Physician Name]

Procedure Findings

[Summary of findings or "Results Pending Biopsy"]

Post-Procedure Care

- **Activities:** Do not drive, operate heavy machinery, or sign legal documents for 24 hours due to the effects of sedation.
- **Diet:** You may resume your normal diet unless instructed otherwise. Start with a light meal.
- **Medications:** Resume your regular medications unless told otherwise by your doctor.

Common Side Effects

It is normal to experience a mild sore throat, bloating, or cramping for the next 24 hours.

When to Call Your Doctor Immediately

Seek medical attention if you experience any of the following:

- Severe abdominal or chest pain
- Difficulty swallowing or severe throat pain
- Fever or chills
- Black, tarry stools or vomiting blood
- Shortness of breath

Follow-Up Appointment

Date/Time: [Follow-up Date and Time]

Location: [Clinic Name/Location]

Emergency Contact: [Phone Number]