

# Therapeutic Upper Endoscopy

## *After your procedure*

*Instructions for after your therapeutic upper endoscopy procedure and treatment in the upper GI tract.*

### Symptoms

You may experience the following symptoms:

- Sore throat
- Nausea
- Pain
- Difficulty swallowing
- Low-grade fever

These symptoms should improve with time. Please call us if you have any persistent or worsening symptoms.

### Instructions for Today

- Do not drive today, for your safety and the safety of others.
- Do not drink alcohol today.
- Drink liquids that are room temperature or lukewarm.

### If Cautery Was Used

For one week, do not take any non-steroidal anti-inflammatory drugs (NSAIDs) such as Advil, Ibuprofen, Motrin, Aleve, Naprosyn unless your doctor approves. You can take Tylenol.

### Diet

- Start with clear liquids:
  - Water and juice you can see through (no pulp)
  - Tea or black coffee
  - Broth
  - Gelatin or Jell-O
  - Popsicles
  - Sports drinks

- Slowly advance your diet to include full liquids or soft foods. Full liquids include all the above and:
  - Milk
  - Orange juice
  - Smoothies
  - Protein shakes
  - Strained soup

**ERCP Only: Low-fat diet for 24 hours**

If you do not experience any significant abdominal pain, nausea, or vomiting, then you may resume your regular diet. It may take up to 3 days before you are able to resume your regular diet.

**For Metal Stents Only**

- Food should be moist, soft, and easily swallowed to prevent stent blockage.
- Eat frequent, small meals.
- Avoid fibrous and stringy foods.

**When to Contact the Clinic**

Contact the clinic or your doctor right away if you have any of these symptoms in the next week:

- Chest pain, shoulder pain, or persistent abdominal pain
- Blood in your stool, or black stool
- Vomiting blood
- Ongoing nausea or vomiting
- Persistent difficulty swallowing
- A fever above 100°F

**Comments and Special Instructions**

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**Biopsy (results may take up to 2 weeks)**

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**Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Digestive Health Center: Call 206.598.9910 weekdays from 8:00 a.m. to 4:30 p.m.

After hours and on weekends and holidays: Call 206.598.4377, option 2.