

Better Recovery with MAWDS

(Endoscopy and Bronchoscopy)

Medicine

Your medicine works to improve your health.



- Start taking your regular medicine when you go home or when your doctor says it's okay.
- Since you have had sedation medications, do not drink any alcohol for 24 hours.
- Always take medications as your doctor prescribed.
- Some medications may make you dizzy or sleepy. Take extra care as you walk or climb stairs.
- Do not use laxatives or enemas for two days after your procedure.
- You may use a cough drop or gargle with warm water for a sore throat after your procedure.

Activity

Regular physical activity strengthens your body and lifts your spirits.



- You must have an adult family member or friend to help care for you for the first 12 hours after you go home.
- Do not do any strenuous exercise for 12 hours following your procedure.
- Do not do any activities that require alertness, balance, coordination, or judgment for the first 12 hours after your procedure.
- Do not drive or operate equipment for at least 12 hours after you go home.
- Do not make any important decisions or sign legal papers for at least 12 hours after you go home.
- If you have belly pain, lie on your left side or take a walk.

Wound care

Washing hands is the best way to prevent infection.



- Wash your hands before and after you touch your IV site or bandage.
- Remove your bandage after one hour. Reapply bandage and apply pressure if bleeding doesn't stop.
- If your doctor did a biopsy or removed polyps, you may have a small amount of blood in your throat or rectum. This is normal. If you have a large amount of bleeding or blood clots, call your doctor or go to the emergency room.

Diet

What you eat and drink can affect your health. Eat fresh vegetables and fruits.



- If your throat was numbed, do not eat or drink until the feeling comes back or until your doctor says it's okay.
- Drink plenty of water, juice, or other non-caffeinated drinks to help your body heal.
- Do not drink alcohol of any kind for 24 hours.
- Begin with light foods, such as Jell-O[®], soup, toast, applesauce, eggs, or yogurt.
- You can start to eat a normal diet if light foods do not make you feel sick.
- If you vomit or feel sick to your stomach, go back to light foods or liquids.

Symptoms

Catching symptoms early can prevent complications or an emergency.



- **Call 911 if:**
 - You have chest pain or heaviness in the chest.
 - You can't catch your breath or have a hard time breathing.
 - Your face is drooping or you have weakness in your arm or changes in speech.
 - You can't wake up the person you are caring for. (Check on them every 1 to 2 hours during the first 12 hours. They may be tired or sleepy but should be easy to wake up.)
- **Call your doctor if:**
 - You have increased or uncontrolled pain or heavy bleeding.
 - You have signs of infection including increased pain or fever over 101 F.
 - You continue to feel sick to your stomach, you are throwing up and you can't keep liquids down, or you have signs of dehydration (dry mouth, very little urine that is dark colored, and no tears).
 - You think you're having a reaction to your medicines.

...if you SMOKE, stop.
Call 1-888-567-8788
for free help.

Medicine Safety



Narcotic pain medicines (often called opioids) are powerful and can be harmful to you or others if not used as prescribed by your doctor. To stay safe:

- Take your pain medicine exactly as your doctor tells you to. If you are unsure about what and how much you should take, call your doctor's office.
- Never share your medicine with anyone else, even if they have pain. Pain medicines act differently in each person. If someone takes your medicine and they have a reaction, they could die.
- If you don't think you will use very much — or any — of your pain medicine, ask your doctor to prescribe a smaller number of doses. You can also ask the pharmacist to give you only part of the prescription.
- Lock up your prescription medicines where they are safe, especially opioids. Don't leave them where anyone who is visiting can find them. If your pain medicine is lost or stolen, you may not be able to get another prescription.
- Take any leftover pills to an Intermountain pharmacy. Or, use the Safety Disposal Drop-off Locator at the link below to find other places to drop them off in the Intermountain area: useonlyasdirected.org/throw-out

You may get an email from us in a few weeks. We will ask you a few questions so that we can learn more about how you used your pain medicines after your operation.

- It should take less than 5 minutes of your time to answer the questions.
- Your information will be kept completely private.
- We will ask questions such as, "What kind and how much medicine was prescribed to you after your operation?"
- Your answers will help us to better prescribe pain medicine in the future.



Questions for my doctor

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