

胃肠镜出院说明

GI Endoscopy Discharge Instructions

Your nurse will review your discharge instructions after your GI (gastrointestinal) procedure. Follow these care guidelines, unless you are given other instructions.

General instructions

- Take your usual medicines as directed and follow up with your primary care provider as scheduled.
- You should expect to pass air from your rectum and burp after the procedure.
- Follow these care guidelines during your recovery for the next 24 hours.

If you have any questions or concerns, please call 614-293-6255.

You were given medicine for sedation

You have been given medicines during your procedure that might make you sleepy, weak, forgetful or lack coordination.

To prevent problems:

- Rest for the rest of the day after you are home. You should be back to your normal activity tomorrow.
- **For the next 24 hours:**
 - ▶ **Do not drive.**
 - ▶ **Do not drink alcoholic beverages.**
 - ▶ **Do not make any important decisions or sign any legal forms.**
 - ▶ **Do not work around machinery or power equipment.**

胃肠道手术后，您的护士将审查您的出院说明。除非有其他说明，否则请遵循这些护理指南。

一般说明

- 按照指示服用常用药物，并按日程表与主治医生联系。
- 手术后，您将从直肠排出空气并打嗝。
- 在术后 24 小时内的康复期间，遵循这些护理指南。

如您有任何问题或疑虑，请致电 614-293-6255。

将会给予您镇静剂

在术中给予您的药物可能会使您嗜睡、虚弱、健忘或缺乏协调。

为了防止出现问题：

- 回家后休息一天。您应在术后第二天再恢复正常活动。
- **在术后 24 小时内：**
 - ▶ **切勿驾车。**
 - ▶ **切勿饮用含酒精的饮料。**
 - ▶ **切勿做出任何重要决定或签署任何法律表格。**
 - ▶ **切勿在机械或动力设备周围工作。**



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- The medicines used for sedation may make you feel nauseous (sick to your stomach).
 - Start with clear liquids, such as tea, Jell-O, broth, and ginger ale. As you feel better, you may add soft foods, such as pudding and ice cream.
 - When you no longer feel nauseous, you may try your normal diet.
- You should be back to eating your normal meals after 24 hours.

If you had a biopsy with your

procedure: Samples of tissue were taken today that will be sent to the lab. You will get a MyChart message, letter, or phone call about the results. If you have not received your results in 2 weeks, please call the number listed and ask for your results.

What you may expect after your procedure

Depending on the type of test you had, you may have:

- Mild discomfort in your abdomen
- Bloating or burping
- Sore or dry throat
- Spit small amount of blood
- Small amount of blood in your first few bowel movements

IV site care

- You can remove the bandage from your IV site after 2 hours.
- If your site is red or swollen, place a warm, damp washcloth on the site for 20 minutes every hour, until the redness or swelling stops or decreases.

- 镇静药物可能会让您感到恶心 (胃部不适)。
 - 进食应从透明液体开始，如茶、果冻、肉汤和姜汁汽水。当您感觉好转时，可以添加一些软质食物，比如布丁和冰淇淋。
 - 当您不再感到恶心时，可以尝试正常饮食。
- 您应在术后 24 小时后才恢复正常饮食。

如果您术中进行了活检：当天采集的组织样本将被送往实验室。您的结果将通过 MyChart 消息、信件或电话告知。如果您在两周内未收到您的结果，请拨打列出的号码并询问您的结果。

术后预期

根据您的检查类型，您可能会：

- 腹部轻微不适
- 腹胀或打嗝
- 咽喉疼痛或干燥
- 少量呕血
- 最初几次排便少量便血

静脉注射部位护理

- 您可在 2 小时后拆除静脉注射部位的绷带。
- 如果您的注射部位发红或肿胀，每小时用一块温热潮湿的毛巾热敷部位 20 分钟，直到红肿消退或减轻。

Call if you have any of these problems

Call 614-293-6255, option 2, if you have:

- Fever of 101 degree F (38 degrees C)
- Bleeding from the rectum that is more than 1 tablespoon
- Black stools or blood in your bowel movements
- Nausea with vomiting that continues for more than 24 hours
- Abdominal pain or bloating that continues for more than 24 hours
- IV site swelling gets worse or there is more redness after 24 hours
- Fainting

如果出现任何这些问题，请致电

如果您有以下情况，请致电 614-293-6255，并选择 2 号键：

- 发热超过 101 华氏度（38 摄氏度）
- 直肠出血量超过 1 毫升
- 黑便或便血
- 恶心呕吐持续超过 24 小时
- 腹痛或腹胀持续超过 24 小时
- 静脉注射部位肿胀加剧或 24 小时后红肿扩大
- 昏晕

本手册仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。如需了解更多健康信息，请致电 614-293-3707 或发送邮件至 health-info@osu.edu。联系 Library for Health Information.

This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care. For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.