

1. Go home and rest today.
2. If you received intravenous sedation medication, do not drive, operate any machinery or work until tomorrow. Do not drink alcoholic beverages or sign any legal documents for 24 hours.
3. Diet: You may eat and drink normal foods as soon as you can tolerate it.
 - You may begin to drink clear liquids immediately, or as soon as your throat is no longer numb.
 - Special diet instructions_____
4. You should resume all previous medications unless otherwise instructed.
 - Polyps/Biopsies were removed. Do not take Aspirin, Motrin, Advil, or Nuprin for ____ days.
 - Resume your prescribed blood thinners (ex: Coumadin, Plavix) in _____ days.
5. Please notify your doctor immediately if you have any abnormal symptoms:
 - GI Procedures:** fever and/or chills; severe abdominal cramping, bloating, nausea; blood in your vomit, from the rectum
 - Urology Procedures:** blood in the urine, painful urination or an inability to urinate; blood from the rectum if you've had a prostate biopsy; or if you experience fever and/or chills.
6. Other instructions_____
7. Prescription_____
8. Follow-up with Dr. _____ Make an appointment in _____
 Phone number (310)_____ Keep your previously scheduled appointment
 Call MD as needed, or _____
- Please see additional information handouts from you physician.**

NOTE: If you are unable to contact your physician or believe you have an emergency, go to the nearest hospital emergency room.

I hereby acknowledge that I have received the above instructions and I understand.

Patient's Signature

Physician's Signature

Date / Time

Nurse's Signature

**PACIFIC ENDO-SURGICAL
CENTER**
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310-326-1666

**DISCHARGE INSTRUCTIONS—
PROCEDURE**