Gastroenterology Procedure Post-procedure Instructions

Sedation Medications

Your child has been given sedation medication(s) for the procedure today. These medications helped your child relax and also helped him/her fall "asleep". As your child awakens, he/she may be unsteady when walking and may sleep more than usual the rest of the day. This is normal and should only last a short time. Your child should be watched to provide for his/her safety until fully awake – no bike riding or playing on swings.

If your child drives, and received more than Propofol for sedation, he/she may not drive or operate heavy machinery for 24 hours following the procedure. He/she should not travel by bus or cab unattended. Do not drink alcohol.

If your child had polyps removed or biopsies taken, do not take any blood "thinning" medications such as aspirin, ibuprofen, Advil, Motrin, Naproxen or Aleve for 7 days. Tylenol is safe to take.

Diet

Do not give your child anything to eat or drink until he/she is fully awake. The medications give to your child can sometimes cause an upset stomach.

Diet should be progressed slowly:

- Begin with clear liquids (not containing red dye) – water, Gatorade, apple juice, plain Jell-O, broth, clear popsicles – in recovery.
- If your child tolerates clear liquids for a few hours, you may give him/her soup for a meal.
- If soup is tolerated, the next mealtime can be normalized.

Medications

Resume prior medications unless otherwise instructed.

Questions or concerns

If you have any questions or concerns, or your child has any of the following symptoms:

- Fever – temperature of 101.5 or higher
- Distended or hard stomach (tight like a drum)
- Vomiting (longer than 2 hours)
- Vomiting blood
- Rectal bleeding in excess of a teaspoonful
- Lethargy lasting more than 24 hours
- Severe belly pain, difficulty walking
- Shortness of breath

Call your primary care physician or the Pediatric Gastroenterology office at **206-215-2700.**
If your child needs attention for a post procedural problem and you cannot get in touch with your primary physician, bring your child to the Swedish Medical Center emergency department. Their number is **206-386-2573.**

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