Resume your regular diet and all previous medications, unless your doctor instructs you otherwise. Your doctor will give you specific instructions if and when it is safe to resume anti-inflammatory medications or blood thinners.

**For the next 24 hours:**
1. **Do not drive or operate any machinery for at least 24 hours after your procedure.** The sedatives may block your ability to concentrate or respond quickly, so this may be dangerous.
2. **Do not drink alcohol.** The combination of alcohol and sedation can affect your body in a way that can be dangerous to your health.
3. **Do not make important decisions, sign contracts or legal documents.** You may not think clearly because the sedatives slow your body and mind.
4. **REST!** You received sedatives during your procedure, and these may make you tired or dizzy.

**For the next 48 hours:**
- *Eat soft food.* DO NOT eat hard, crispy food like potato chips, or fried chicken.
- DO NOT take Alka-Seltzer.
- DO NOT drink carbonated beverages.
- You may use antacid (such as Mylanta, Maalox) as needed.

**After this procedure you may experience any of the following:**
- Mild sore throat or discomfort for 1-2 days (You may take a throat lozenge.)
- Gas, bloating or cramping (DO NOT take Alka-Seltzer.)
Call your doctor IMMEDIATELY at the emergency numbers (below) if you have any of the following:

- Fever or chills
- Chest pain
- Severe throat pain or neck swelling
- Vomiting blood, bleeding from the mouth, passing blood or black stools with bowel movements
- Severe abdominal pain
- Severe dizziness, weakness, or fast heart rate
- Shortness of breath
- Inability to swallow or eat
- Severe nausea and vomiting
- Any unusual pain or problem
- Pain or redness at the site where the intravenous needle was placed
- Severe nausea and vomiting
- Any unusual pain or problem
- Pain or redness at the site where the intravenous needle was placed

In case of emergency
Call your doctor IMMEDIATELY through the NIH page operator at 301-496-1211. During office hours, call 301-451-0336 and ask to be connected with the GI nurse.

If you have any questions about these instructions, please call (301) 451-0336 during office hours (6 a.m. to 6 p.m., Monday through Friday) and ask to speak with the GI nurse.