

Endoscopy - Patient Discharge Handout

Procedure Performed: _____ **Reason:** _____

- | | |
|---|---|
| <input type="checkbox"/> Colonoscopy | <input type="checkbox"/> Flexible Sigmoidoscopy |
| <input type="checkbox"/> Gastroscopy | <input type="checkbox"/> Push Enteroscopy |
| <input type="checkbox"/> Hemorrhoid Banding | <input type="checkbox"/> Other _____ |

Findings:

Upper Gastrointestinal Tract

- Hiatal Hernia (can cause acid reflux) Esophagitis (note "itis" = redness or swelling)
 Gastritis Duodenitis Stomach Ulcer Duodenal Ulcer Stomach Polyp
 Other: _____

Colon

Prep Quality __ + __ = __/14

- Polyps (Can be precursor to colon cancer) Colitis (note "itis" = redness or swelling)
 Diverticulosis (small pockets in the colon) Hemorrhoids (can cause bleeding or discomfort)
 Other: _____

Biopsies Taken: (Can take up to 6 weeks to get results, urgent results will be sooner)

- | | | |
|---|-----------------------------------|---------------------------|
| <input type="checkbox"/> Stomach Lining | for Helicobacter Pylori infection | for inflammation or ulcer |
| <input type="checkbox"/> Duodenal Lining | for Celiac Disease | for inflammation or ulcer |
| <input type="checkbox"/> Esophagus | for inflammation | for Barrett's Esophagus |
| <input type="checkbox"/> Colon Polyps(s) : _____ | | |
| <input type="checkbox"/> Colon Inflammation : _____ | | |
| <input type="checkbox"/> Other: _____ | | |

Follow-up and Other Investigations:

- None Required Other: _____
 Call Dr. Dalvi's Office at 905-702-2629 for __ week telephone follow-up appointment
 Telephone appointment with on _____. Dr. Dalvi or Dr. Mosseler will call

Recommendations

- Pantoloc (anti-acid) Prescription Attached _____ Prescription Attached
 Lifestyle changes attached: GERD Gastritis/PUD Healthy Bowel Habbits Hemorrhoids
 Follow-up Colon Cancer Screening in __ years, a letter will be sent to your family doctor

GI Lifestyle Changes

❑ Acid Reflux (Heartburn), Reflux Esophagitis, Hiatal Hernia

- Reduce caffeine (includes regular coffee, black or green tea, pop, chocolate)
- Reduce or eliminate alcohol intake
- Avoid large, fatty meals
- Avoid eating close to bedtime (within 2hrs)
- Keep a detailed food diary for two weeks and determine if there are certain foods that trigger your symptoms and avoid them if possible
- If you are over-weight, weight-loss is an effective way of reducing chronic symptoms.
- You can control symptoms with over the counter medications like tums, or your physician may prescribe you a daily anti-acid medication like Pantoprazole or Lansoprazole

❑ Gastritis, Duodenitis, Peptic Ulcer Disease

- You should be tested for H. Pylori infection, most common cause world-wide and antibiotics will be prescribed if positive
- Avoid NSAIDs such as Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn), Celecoxib (Celebrex). Avoid Smoking or Alcohol
- Your physician may prescribe you a daily anti-acid medication like Pantoprazole or Lansoprazole

❑ Healthy Bowel Habits

- Make sure you are drinking enough water (about 2L per day on average)
- Make sure you are getting enough exercise, which will help with bowel movements
- Make sure you are getting enough fibre (uncooked vegetables, salads, chia seeds, flax seeds)
- Fibre supplements are helpful: You can trial Metamucil 5-10g per day, slowly increasing up to 30g/day as needed. Aim is to bulk stools and have well sized, soft stools that are easily evacuated.
- Restoralax (over the counter) is a safe and effective stool softener and can be taken over longer periods of time. The dose and frequency can be adjusted to control symptoms.

❑ Hemorrhoids or Peri-anal discomfort

- Avoid spending long periods of time on the toilet either straining or simply sitting
- If applicable, weight loss can help reduce pressure on the perianal region alleviating hemorrhoids
- Quit smoking, moderate caffeine and alcohol use.
- Epsom salt baths for about 10 minutes in cool to lukewarm water after BM's and as needed and avoid wiping as much as possible. Use a squirt bottle with water to help with anal hygiene.
- Barrier creams such as Vaseline and Penaten can be helpful to treat itching.
- Creams or Suppositories such as Anusol can be helpful for hemorrhoid symptoms