

## GENERAL CARE – POST-SUBMUCOSAL ENDOSCOPIC RESECTION

After the submucosal endoscopic resection procedure, there is an area of the wall of the digestive tract with loss of its thickness, which can cause a weakening of its strength and allow spontaneous perforation of the organ, for this reason the patient should take the following care:

1. Eat very soft foods, cooked under steaming conditions or in water.
2. Eat small portions of food (Do not put large amounts of food in your mouth in a single bite).
3. Avoid eating hard solid foods that may be partially chewed and as they go through, damage the wall of the organ.
4. Avoid eating fried or packaged foods.

These indications about feeding should be maintained for a minimum of five (5) days after the submucosal endoscopic resection.

The formula delivered with medications, which must be strictly adhered to.

### ALARM SIGNS

1. Fever (Temperature  $\geq 38.5^{\circ}$ ).
2. Intense and persistent chest or abdominal pain.
3. Vomiting or bowel movements with a great amount of blood.
4. Difficulty to breathe.
5. Difficulty to eat or pass food.
6. Acute distention of the abdomen associated with pain.

If you have any of the above symptoms, you should immediately make a consultation with the emergency department.

**Note that after the endoscopic resection, it is very important to review the pathology result, request an appointment for control.**

**Remember that according to Law 100 of 1993, it is a DUTY of patients, self-care and adherence to the recommendations of their Treating Physician.**

**For more information, please contact telephone  
number: 3319090 Ext. 3152–4154**

**GENERAL CARE – POST-SUBMUCOSAL  
ENDOSCOPIC RESECTION**

**CARE**

- The patient is at high risk of falling. He/she should leave the clinic accompanied.
- Do not drive any type of vehicle, or be a motorcycle passenger, expose yourself to heights. You should not wander around and do activities alone.
- You can start your post-discharge normal diet, except if there is any restriction indicated by the physician.
- Upon arriving at your home, it is suggested that you rest.

**ALARM SIGNS**

- Monitor bleeding (bloody and/or dark brown vomiting, bloody or black depositions. (You may have small pints of blood by mouth or rectum according to the procedure and they should normally be brown or red wine).
- Intense pain that does not improve
- Fever (Temperature  $\geq 38.5^{\circ}$ ).
- At the site where the vein was canalized, a cure will be left, which should be removed within 24 hours (This will avoid risk of infection). Please, look if there is red skin (erythema), pain feeling and heat in the area.

If you have any of the above-described symptoms, or any other that you notice, make a consultation with the emergency department immediately.

To avoid a fall, by the institutional security protocol you should go out in a wheelchair, in the company of your relative and skater.

**Remember that according to Law 100 of 1993, it is a DUTY of patients, self-care and adherence to the recommendations of their Treating Physician.**

**For more information, please contact telephone  
number: 3319090 Ext. 3152–4154**