

## RECOMMENDATIONS POST– CEPER

### CARE

- If the doctor does not tell you otherwise, patients can resume their diet, it is recommended to avoid fried foods, fats and red foods for 3 days after the procedure.
- It is recommended that you remain in relative rest for at least one day.
- You must not drive.
- Do not exercise, or perform major physical efforts (weight lifting) for the next 3 days.

### ALARM SIGNS

- Monitor bleeding (bloody and/or dark brown vomiting, bloody or black stools).
- Persistent severe abdominal pain.
- Fever (temperature  $\geq 38.5^{\circ}$ ).

If you have any of the above symptoms or another that you notice, consult the emergency department immediately.

**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.**

## GENERAL CARE POST-ENDOSCOPIC PROCEDURE UNDER SEDATION

### CARE

- The patient has a high risk of falling. He/she must leave the clinic accompanied.
- Do not drive any type of vehicle, or be a motorcycle passenger, do not expose yourself to heights. You should not wander around nor perform activities alone.
- You can start your normal post-discharge diet, except if there is any restriction given by the doctor.
- Upon arriving at your home, it is suggested to rest.

### ALARM SIGNS

- Monitor bleeding (bloody and/or dark brown vomiting, bloody or black stools, (you may have small pints of blood by mouth or rectum according to the procedure and normally, they should be brown like coffee or red wine color).
- Severe 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 the risk of infection). Make a consultation if at the cannulation site there is red skin (erythema), a feeling of pain and heat in the area.

If you have any of the above-described symptoms or any other that you notice, consult the emergency department immediately.

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

**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  
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