

**William Erber, M.D., P.C.**  
Gastroenterology and Endoscopy  
Diseases of the Digestive Tract and Liver  
Board Certified

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**Instructions following Upper Endoscopy (EGD)**

You have just had an Upper Endoscopy (EGD). This sheet contains information about what to expect over the next week. Your doctor will speak with you and decide a course of action. If biopsies were taken, please call the office in approximately 10-days to obtain results.

Please telephone our office immediately if you have:

- Severe or persistent abdominal pain
- Fever
- Bloody bowel movement or black tarry stools(s)
- Vomiting

**Bleeding**

- Bleeding may occur immediately after taking a biopsy or after the removal of a polyp.

**Pain**

- Persistent or sharp abdominal pain is uncommon after Upper Endoscopy. If this occurs, call our office.

**Intravenous Problems**

- The medications injected into your arm vein may cause local swelling and discomfort, which may last 1-2 weeks. Although this may become bothersome, it is almost never serious.
- Please contact your doctor if local redness, swelling or tenderness near the injection site worsens in the days following your procedure, as this may indicate a skin infection.

**Food**

- We suggest that you avoid any heavy or fatty meals today.
- **DO NOT DRINK ALCOHOL** on the day of the procedure.

**Activities**

- The sedation you received has made you less alert than normal.
- **DO NOT DRIVE** or exercise today. Be extra cautious during physical activity today.
- You may resume normal activities tomorrow.

**Medications**

- You may resume all medications after your Upper Endoscopy.
- If a biopsy was taken, your physician may advise you to avoid aspirin-containing medications or anti-coagulants for up to 10 to 14 days.

If you have further questions, please call us at 718.972.8500

**Follow up Upper Endoscopy should be scheduled in \_\_\_\_\_ months/years.**

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_