



# DISCHARGE INSTRUCTIONS

## Endoscopy

*Dr. Scott McClintick*

**Parsons Office:** 620-820-5830 \* **Joplin Office:** 417-347-8301 or 800-440-4905

**The following instructions are for patients who have undergone an endoscopy with or without biopsies. This includes: nasopharyngoscopy, laryngoscopy, esophagoscopy and or bronchoscopy.**

### **Pain:**

- Nearly everyone has some degree of throat pain and hoarseness following endoscopy. This is normal. Often plain Tylenol in liquid or pill form is enough to control the pain. Take as directed on the package.
- I give all my patients a prescription for Tylenol with codeine or an alternative if there is a codeine allergy. The medications should be continued for as long as needed and the dosage can be varied depending on the severity of the pain.

### **Fever:**

- A low grade fever of 99-100 F is normal. Please call if your fever is greater than 101 F.

### **Voice Rest:**

- You will be asked to rest your voice for several days after the procedure. Do not strain your voice by singing, yelling, etc. Postoperative hoarseness is normal and depending on your particular surgery will last a variable time.

### **Biopsy Report:**

- If you had a biopsy during your surgery, a written report should be in our office 5-7 days after your surgery. Dr. McClintick will go over the results with you on your post op visit.

### **The Wound:**

- If you had biopsies or laser surgery have been a part of your particular procedure, you may notice some blood-tinged mucous. Any excessive bleeding should be reported to my office.

### **Activity:**

- After a recovery period of a few days you should be able to return to normal activity.

### **Follow-up appointment:**

- If you do not have an appointment, please call 1-417-347-8301 or 1-800-440-4905 to schedule your appointment.

### **How do I notify my doctor of problems or concerns?**

- During office hours please contact Dr. McClintick at his office. After hours or over the weekend please call 1-417-347-1111 and have Dr. McClintick paged.

### **Important**

**In case of an emergency call 911 or go to the nearest emergency room for examination and treatment.**

