

## GENERAL INSTRUCTIONS FOR ENDOSCOPY

(Laryngoscopy with or without biopsy, Esophagoscopy, and Bronchoscopy)

### **INTRODUCTION :**

The purpose of this sheet is to acquaint you with what you should and should not do following an endoscopy. These instructions are based on experience and must be followed faithfully to assure a smooth recovery. Be sure that you and those who will be caring for you are familiar with these postoperative procedures. If you have any questions, please call Dr. Benke's office at (817)-641-3750.

### **ADVANCE PREPARATION :**

Arrange for someone to care for you immediately following your surgery. You may still be groggy when you are released, so you will need a ride home and someone to remain with you for the first 24 hours. You should not drive while taking pain medicine. You will have a follow-up appointment two weeks post-op to discuss biopsy results. Make every effort to be well rested prior to surgery.

### **DAY OF SURGERY:**

Wash your hair and face; wear comfortable clothing to the hospital (something that buttons up the front). Do not wear make-up or fingernail polish. You will be given prescriptions for anti-nausea medication and pain medication at your pre-op appointment with Dr. Benke. Make sure these prescriptions have been taken to the pharmacy and are at the house ready to go when you are discharged from the hospital. Take the prescriptions as directed. You may also be given prescriptions for antibiotics and/or steroids on the day of your surgery. Take all medications as directed.

### **AT HOME :**

1. A sore or scratchy throat is common for several days. Your tongue, teeth, and gums may also be sore. Take pain medication as needed.
2. Avoid clearing your throat and coughing as much as possible. Mucinex, an over-the-counter expectorant/mucus thinner, is often helpful. You can obtain this from your local pharmacy and take 600 mg (one pill) two times a day as needed.
3. You may be instructed to rest your voice for up to one week. I recommend no talking on the phone (including cell phone), and no talking in the car. Do not whisper.

**(OVER)**

4. Swallowing may be difficult for several days. Call the office if it seems to be getting worse. Start with liquids and progress your diet as tolerated.
5. Bleeding is not common after this procedure. If you had a biopsy, you may notice a tiny amount of bloody saliva- this will stop within a few hours. Call if bleeding is excessive.
6. Call the office for fever greater than 101.5, chest pain, inability to swallow, swelling of the neck, nausea and vomiting not controlled with anti-nausea medication, and pain not controlled with pain medication.