

## Maag Darm Leverziekten (MDL)

# Adviezen na een onderzoek met sedatie - Engels

### **At-home recommendations** *for after an examination under sedation*

You have undergone an examination under sedation. Not only can this medication have side effects, it will still be in effect when you go home.

#### **On the day of the examination, it is important that you:**

- Do not participate in traffic (driving/cycling) due to the medication's after-effects.
- Do not operate any potentially dangerous equipment.
- Refrain from making important decisions, such as signing a notarial deed, as you may experience (temporary) memory loss.
- Understand that you will be at an additional risk of falling and sustaining a fracture. This is particularly the case if you take any other medication that can cause drowsiness, e.g. sedatives or tranquillisers.
- Do not use drugs or alcohol.
- Be careful with sleep-inducing medication.

#### **Eating after the examination**

- You are allowed to eat everything again after the examination. Start with small quantities.
- Until .....(date), consume only clear liquid drinks. Next, try foods that are easy to digest. Once you are feeling well, you may resume eating normally.

#### **Blood-thinning medication**

- You may start taking blood thinners again on (date).
- Take your blood thinners according to the Thrombosis Centre's intake schedule.
- Continue taking your blood thinners; they will not be stopped for the examination.

## Special considerations after the examination

### Pain after the examination

If you have (abdominal) pain after the examination, you may take two Paracetamol tablets, 500 mg. This typically offers sufficient pain relief.

#### Use of blue dye

During the examination, you will be administered a blue dye. This may cause you to have blue-coloured urine and/or stools within the first few hours after the examination (24 to 48 hours). This is in no way harmful to you.

#### Use of clips

One or more clips will be placed in you during the course of the examination. These will fall off spontaneously after a while and may even appear in your stools.

### Check up

- You are already scheduled for an in-person or telephone appointment on:  
.....
- Please contact your GP or practitioner
- See the accompanying letter for a new appointment.

At your next appointment at the outpatient clinic or with your GP, the requesting physician will discuss the examination results with you.

### What should you do in the event of problems?

If you experience any issues, such as worsening abdominal pain or blood loss or a persistent high fever, or if you have doubts or any other questions related to the examination, please do not hesitate to contact the hospital. Be sure to indicate which examination you had so that the appropriate measures can be taken.

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## VieCuri Medisch Centrum

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Meer informatie [www.viecuri.nl](http://www.viecuri.nl)

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