

After Your ERCP

This sheet will tell you how to take care of yourself after your ERCP.

Diet

- Do not eat or drink anything until _____
- Stay on a clear liquid diet (broth, apple juice, Jell-O, pop) for the rest of the day unless you are told something else.
- You may return to your regular diet tomorrow unless you are told something else
- Avoid all alcoholic beverages for 24 hours.

Activity

- Do not drive, use machinery, or do anything that needs coordination or balance until tomorrow.
- Avoid making important decisions until tomorrow.

Side Effects

- You may feel slightly bloated and burp small to moderate amounts of air for a few hours after this test
- You may have a slight sore throat for a day or two
- You may feel drowsy and have problems concentrating for a few hours after this test

If you live far from the Minneapolis VA Medical Center and feel that you have an emergency, go to your local hospital or call 911.

If you have any of these symptoms, call one of the phone numbers listed below:

- Chills and/or fever over 101°
- Severe abdominal pain or chest pains
- Feeling weak and dizzy
- Itchy or yellow skin
- Vomiting blood or dark-colored coffee-ground material
- Black stools

Phone Numbers

For urgent questions/concerns call:

Telephone Care

Monday – Friday

7:30 a.m. – 4:00 p.m.

(612) 725-2242

1-866-414-5058, extension 2242 (toll free)

(over)

VA Nurse Help Line

Weekdays after 4:00 p.m., weekends, and holidays

1-866-687-7382 (toll free)

For non-urgent questions about your ERCP call:

GI Procedure Clinic

Monday – Friday

7:30 a.m. – 3:30 p.m.

612-467-3537

Your ERCP doctor was: _____

Your ERCP nurses were: _____

Other instructions: _____

Content approval: Gastroenterology Section

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