



# Checklist: Your Safety While Home Alone

You **MUST** have an adult (18 years or older) drive you home and stay with you after your procedure. We recommend having an adult stay with you overnight on the day of your procedure.

Complete this checklist at home to determine if it is safe for you to be left alone.

You are safe if **ALL** items are true:

- My pain is under control.
- I do not feel nauseated (sick to my stomach) and I am not vomiting (throwing up).
- I am staying hydrated by drinking liquids like water, tea, juice, soda, sports drinks or broth without vomiting or feeling nauseated.
- I have all my medications and I know when and how to take them.
- I have all the equipment and medical supplies I need.
- I am not dizzy when I'm lying down, sitting or standing up.
- I can get to and from the bathroom safely.
- I can urinate (pee).
- Beyond what I was told to expect, I do not see any signs of bleeding or swelling.
- I can safely get to the telephone and use it.
- I know who and what number to call if I need help or if I have any questions.

*Digestive Health Center's number to call is **319-234-5990**.*