

POST COLONOSCOPY INSTRUCTIONS

1. You may eat and drink whatever you wish after the procedure, unless your doctor advises otherwise.
2. You may resume your usual medications. However, if your doctor gave you any special instructions regarding antibiotics or aspirins, please follow them.
3. It is normal to experience a little discomfort after a colonoscopy. Bloating and abdominal discomfort may be caused by air used to inflate the bowel during the procedure. This may be relieved by drinking warm fluids, walking, and/or taking a warm bath.
4. During the first 24 hours, you may notice a small amount of bleeding when you go to the washroom, either on the tissue or in the toilet. This is normal after a colonoscopy. If you should pass a large amount (e.g. ½ cup) of blood or clots, notify your doctor immediately, or go to the Emergency department and advise them that you had a colonoscopy at Mediclinic Parkview Hospital.
5. If you experience fever, or a sudden onset of severe abdominal or rectal pain, please notify your doctor immediately, or go to the nearest Emergency department.
6. Alcohol and any sedative medications can have an additive effect when combined with our sedation. As such, you must not drink alcohol or take any sedatives for 24 hours following the procedure. You may not feel tired but your judgment and reflexes may not be normal.
7. The sedation has an amnesic effect. Therefore, if you have received sedation, refrain from any legal or financial decisions until the next day.
8. You may feel some nausea as a result of the sedation. This is normal. If it persists longer than 24 hours please notify your doctor.
9. You should be attended by a competent adult for 24 hours following the procedure.
10. If you have had IV medication, some irritation at the IV site is normal. If you have concerns please call your doctor.

Should you have any concerns after your procedure, please contact 800 1999.

Should you experience any unusual symptoms or problems requiring medical attention, following the procedure please notify Mediclinic Parkview Hospital's Digestive Disease, Hepatology and Interventional Endoscopy Centre.

IF YOU HAVE RECEIVED SEDATION, YOU MUST NOT:

- Drive a vehicle
- Drink alcoholic beverages
- Operate heavy equipment
- Take sedative medication

For 24 hours

