

Colonoscopy Aftercare

Patient Information – Gastrointestinal Endoscopy Unit

What happens after the colonoscopy?

After a colonoscopy your bowel may feel bloated. This is because the endoscopist has used air to inflate your bowel during the procedure. This will settle over the next few hours as you pass wind naturally.

You may find your bowel does not return to normal for a few days after the procedure. This is due to the bowel preparation that you took before the procedure and because you have not eaten.

Do not worry about this.

You may also experience a headache post procedure. This is most often due to mild dehydration from the bowel preparation and will usually pass as you begin to eat and drink again.

Once you are eating and drinking normally your bowel function will return to normal.

You can begin to eat and drink as normal, *unless* told otherwise

You may take all medications as normal, *unless* told otherwise.

If you have had a polyp removed, you may notice streaks of blood on the toilet tissue.

This too should pass within 24 hours.

After sedation

Because you may have received sedation and pain relief through a needle in your hand during this procedure, small amounts will remain in your body for the next 24 hours.

Even if you feel alert you must not do any of the following for 24 hours:

- Drive a car,
- Operate machinery,
- Drink alcohol,
- Sign any legal documents or
- Ride on public transport alone

The sedation makes you forgetful and can impair your judgment and reflexes.

Important information

If you experience any of the following side effects:

- A large blood loss (more than quarter of a cup).
- Severe abdominal pain.
- Excessive vomiting.

OR develop any side effect other than those explained above, such as:

- Severe pain in the neck, chest or abdomen within 24hrs

****DO NOT eat or drink anything****

Before **6:00 pm** Monday to Friday, please phone the gastrointestinal endoscopy unit to speak with a nurse **Ph. 0800 555 400** and ask for **ext. 89838** or **88876**.

After 6:00pm or over the weekend, please go to the hospital emergency department or another publicly funded acute medical centre. If these are not available in your local area, please go to closest after-hours medical centre.

Aftercare

Your GP will be able to view your procedural report today.

- If a biopsy was taken or a polyp was removed, this tissue sample will be sent to the laboratory to be examined under a microscope. These results will be sent to your GP.
- If your colonoscopy procedure was part of the National Bowel Screening Programme, the CDHB Clinical Lead for bowel screening will also receive a copy of your results.
- An out-patient appointment will be made for you in _____ weeks.
This appointment will be sent to your last known address.
- You may require this procedure to be repeated in: _____.
This appointment will be sent to your last known address.
- You have been discharged from this clinic and will *not* require any further appointments.
If you have any further symptoms or queries, please contact your GP.

Comments:
