

After Your Colonoscopy

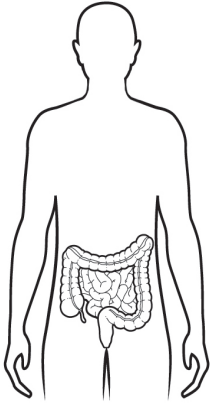
Information for patients and families

Read this booklet to learn:

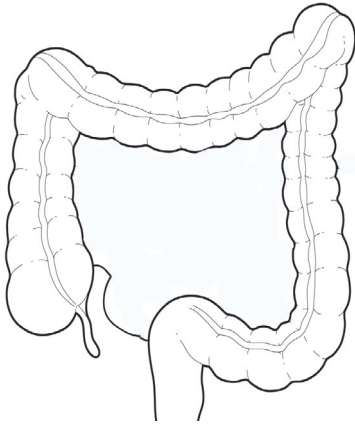
- what we found
- follow-up care
- how to care for yourself when you get home
- what to expect
- what problems to look out for



Colonoscopy



What we found:



Follow-up care:

- family doctor
- _____ Clinic

Results and follow-up plan discussed:

- with patient
- with family

Doctor's Signature

About your colonoscopy

During your colonoscopy, we inserted a scope (a tube with a camera at the end) into your colon (your large intestine) to check for any problems.



When can I eat and drink?

You can eat when you get home, but have light meals. Have foods that are easy to digest, such as soup, crackers, toast, chicken, fish or cooked vegetables. Do not eat foods that may cause bloating and gas, such as beans, onions, garlic, cabbage, broccoli, cauliflower, chocolate or spicy foods.

You can start eating regular foods the next day. Keep eating light meals if you are not able to pass gas and still feel bloated.

For the first 24 hours after your procedure:

- Do not drink alcohol.
- Do not drive or use heavy machines.
- Do not make important decisions or sign any legal papers.
- Do not take any sedatives, tranquilizers, sleeping pills, or medicines that make you drowsy.

How do I expect to feel?

The medicine you received during the procedure may stay in your body for up to 24 hours. You may feel tired or sleepy and have difficulty concentrating. Once you get home, relax for the rest of the day.

The air we placed in your colon may cause you to feel mild pain in your abdomen (stomach area) for a few hours after the procedure. This is normal. It is very important for you to pass gas to help relieve the bloating and to remove the air. Walking, drinking warm liquids and having a warm bath can help.

You may notice a small amount of blood in the toilet bowl or on the tissue when you go to the washroom.

If you had a polypectomy and you have more than 1 to 2 tablespoons of blood when you go to the washroom, please go to the nearest emergency department.



When can I return to normal activities?

You can return to your normal activities 24 hours after your colonoscopy.



When can I start taking my regular medicines?

You can start taking your regular medicines when you get home, unless your doctor gave you different instructions. Talk to your doctor before restarting blood thinners, anti-inflammatory or antiplatelet medicines.

What problems should I watch for?



Call your doctor or go to your nearest emergency department if you have:

- black or tar-coloured stools
- bright red blood in stool that continues or increases after 24 hours
- stomach pain with bloating that does not go away
- nausea and vomiting
- fever and chills
- weakness and dizziness

Visit www.uhnpatienteducation.ca for more health information.

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