

PATIENT INSTRUCTIONS AFTER A COLONOSCOPY

The responsible adult escorting you home should also be aware of the following instructions:

The effect of the sedation can take some time to wear off and your memory loss may persist longer than the sedation. Your escort needs to know that you may not carry out instruction even though you appear to acknowledge them. You may experience some bloating or cramping for 1-5 days after the procedure. This is from air introduced during the examination and should go away when you pass wind. Moving around can help get rid of the trapped air. If you have had polyps removed you may see a small amount of blood when you go to the toilet. **THIS IS NORMAL**. You may resume eating a normal diet unless your doctor advises otherwise. However, because of the bowel preparation you may not open your bowels for several days after the procedure. **THIS IS NORMAL**.

Sedation will affect your judgment for about 24 hours. For your own safety and in some cases legally:

- Do NOT drive any type of car, bike or other vehicle and take extra care as a pedestrian.
- Do NOT operate machinery.
- Do NOT drink alcohol for 24 hours.
- Do NOT use cooking appliances or handle dangerous items such as boiling water.
- Do NOT make critical decisions or sign a legal document.
- Do NOT do activities that require co-ordination or balance for 24 hours.
- Ensure that you have a responsible adult to care for you until tomorrow.
- Rest at home for the remainder of the day.

Seek medical advice from your Doctor or Hospital Emergency Department if you notice any of the following:

- Severe and ongoing abdominal pain, discomfort, distension or begin vomiting.
- Persistent or increasing bleeding from the rectum (more than ½ cup) or black bowel motions.
- Sharp pain in the throat or chest.
- Have a high temperature or fever greater than 38 degrees.
- Get severe discomfort/irritation in your back passage.
- Have redness, pain or swelling for more than 48 hours where you had the injection for sedation (hand or arm).
- Any symptoms that you think may be related to today's procedure and are causing you concern.

