



## INSTRUCTIONS FOLLOWING COLONOSCOPY

**Biopsy:** If a biopsy was taken or polyps removed, our office will call you within one or two weeks with the results. If biopsies were taken and you have not received a phone call or letter within two weeks, please call our office. Avoid aspirin or ibuprofen (NSAID medications) for 10 days if you have had a biopsy or polypectomy.

**Diet:** You may resume your normal diet.

**Activity:** Take it easy today and tonight. You can resume normal activities tomorrow. Do not drive or operate machinery until tomorrow. Avoid making critical decisions or signing legal documents until tomorrow.

**Alcohol:** No alcohol or sleeping pills should be used for at least 48 hours after receiving sedation, unless ordered by your physician.

### COMMON SIDE EFFECTS

**Discoloration of Arm:** You may notice a bruise or knot on your arm or hand where the IV was inserted. Application of a warm cloth for 20 minutes at least three times a day should ease the discomfort. If pain persists or you develop a red streak or swelling, call your physician's office.

**Headache:** This may be caused by the dehydration associated with preparation for the test. Increasing your fluid intake should relieve this problem.

**Nausea:** You may be nauseated from the medications used for sedation. Resting quietly and taking small sips of clear liquids is suggested until this passes.

**Lower GI Procedures:** Your abdomen may be distended from air used to inflate the colon for better visualization. You may experience cramps similar to gas pains and may pass large amounts of gas. Passing the air will ease your discomfort. You may also have small amounts of blood in your stool. It may be several days before you have a normal bowel movement due to your bowel prep.

**Please report the following less common side effects to your physician immediately:**

- Severe abdominal pain or shortness of breath
- Oral temperatures over 101 degrees F that does not subside with Tylenol or go away on its own by morning
- Persistent or heavy rectal bleeding
- For severe chest pain or respiratory distress **call 911**.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE.**

**Results: \*\*\***



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