

This information below only refers to patients who had a colonoscopy procedure

COLONOSCOPY DISCHARGE INFORMATION

Most patients tolerate a colonoscopy well and feel fine afterwards. Some fatigue is common after the examination and patients should plan to take it easy and rest for the remainder of the day. You may resume a normal diet and return to work the following day unless instructed otherwise

- **Bowel Actions:** Because your colon has been completely empty, it is typical that you may not have a normal bowel action for two to three days. Bowel actions after should return to normal
- **Pain:** Some patients may experience pain, especially after banding of haemorrhoids. Paracetamol is recommend to be taken for pain relief.
- **Blood:** If a polyp has been removed or a biopsy taken from your bowel, you may pass small amount of blood from you bottom when you go to the toilet. If the bleeding is greater than a few tablespoons, seek medical attention immediately
- **IV Site:** Irritation can occur to your IV Site. If redness, swelling or warmth occurs, apply a cold towel to the site, which may relieve the discomfort
- **Problems following discharge are very uncommon but should be reported if you experience any of the following:**
 - Severe abdominal pain
 - A firm, distended abdomen
 - Vomiting
 - Fever greater than 38 C
 - Bleeding greater then a few tablespoons

If you are experiencing any of the above problems following discharge, please seek medical advice from either my rooms, or GP or Emergency Department for advice and or treatment.