

### **Colonoscopy/Gastroscopy Discharge Instructions**

Following your Colonoscopy/Gastroscopy, small amounts of sedation will remain in your body for up to 24 hours. During this period, although you may feel wide awake you may still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light headed or faint. It is for these reasons that for 24 hours after your procedure you should not:

- Operate machinery or household equipment
- Drive a car or motorcycle
- Take any alcohol or drugs other than those prescribed
- Sign any legal documents
- Look after young children or dependents alone.

Regular activities may resume the day after your Colonoscopy.

#### **What to expect after a Colonoscopy/Gastroscopy:**

- **Bleeding:** It is not uncommon to pass a small amount of blood after this procedure. If, however, you pass more blood than this, do not hesitate to your surgeons' office or go to the emergency room.
- **Abdominal Discomfort:** You may feel bloated if some of the air has remained in your bowel. To help relieve this it is advisable, if possible to walk around, drink warm drinks. This will help you pass the wind.
- **Diet:** Start with a light diet and then resume a normal diet when you feel able
- If you have biopsies taken or polyps removed this will be sent to the laboratory to be analyzed. When a polyp has been removed you may pass small amounts of blood from your bottom when you go to the toilet.

#### **CALL YOUR SURGEON OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF YOU HAVE:**

- Fever or chills (temperature of 38.5 C/101 F or higher).
- Persistent nausea or vomiting unrelieved by anti-nausea medication (Gravol).
- Abdominal pain that is not relieved by pain medication taken as directed.
- Heavy bleeding, passing large clots