

Discharge Instructions for Colonoscopy

1. Take all of your prescription medications as before but do not use Aspirin or Anti-inflammatories for 24 hours. Do not resume Coumadin (Warfarin) until _____.
2. Make an appointment with your doctor to be seen in _____ weeks from the date of your procedure.
3. If you had a colonoscopy, you may feel bloated after the procedure because of air that was introduced during the examination.
4. If you had an upper endoscopy, your throat may be a little sore for a few hours. You may also feel bloated for a few minutes right after the procedure because of the air that was introduced to examine the stomach.
5. Watch carefully for the following symptoms:
 - Fever or chills.
 - Abdominal pain which is severe and lasting more than 30-60 minutes- mild cramps are common for the first 6-12 hours after.
 - Nausea or vomiting.
 - Bleeding or black stools.
 - Any unusual pain or problem.
 - Pain or redness at the site where the intravenous needle was placed.

If any of these symptoms occur, call your doctor or go to the nearest emergency department (preferably the Emergency Department at Rouge Valley Centenary Hospital where one of our Surgeons is on call 24/7).

6. Rest. During your procedure you were given sedatives that may make you feel tired
7. Do not drink alcohol for 24 hours. Alcohol potentiates the effects of the sedatives given. The combination of alcohol and the sedatives has an unpredictable effect on your body that is potentially dangerous to your health.
8. Do not drive or operate machinery until the next day. Driving or operating machinery takes concentration and the ability to respond rapidly; the sedative adversely affects both. If you have an engagement that cannot be cancelled, we advise that you have someone drive you.
9. Do not sign contracts or legal documents until the next day. The sedatives slow down your body and your mind. Your ability to objectively evaluate may be impaired.
10. Please contact us if you have an unplanned admission to a hospital within 10 days of this procedure.

Please fill out our patient satisfaction survey at www.gtaendoscopy.com. Thank you!