



Post Colonoscopy Care Instructions

1. The patient may feel sleepy and drowsy as the anesthesia medication used during the procedure wears off. The medication will gradually wear off over the next 24 hours. During this time, your judgment and reflexes will be poorer. Even though you may feel awake and alert, we suggest that the patient not make important decisions during this time and remain off the job and refrain from driving until the day after the procedure.
2. Since air was introduced into the colon through the colonoscope during the procedure, the patient may experience a “gassy” feeling afterwards and some mild abdominal cramping. The patient will be able to expel the gas as they become more active and resume normal activities. The patient should not attempt to hold this air in. If you experience severe abdominal pain, excessive bloating or diarrhea, please contact our office at 970-668-5858 or go to your nearest emergency room.
3. The patient may experience a small amount of rectal bleeding following a colonoscopy. Do not be alarmed. Whether or not a polyp was removed or a biopsy was taken, a slight amount of blood may still be seen during the first 24-48 hours. If the bleeding becomes excessive please call our office at 970-668-5858 or go to your nearest emergency room.
4. Do not do any heavy lifting or strenuous activity for 48 hours. Avoid working in the squatting position during this time. Do not use any heavy or light machinery, such as lawnmowers or workshop tools and machinery (saw, drills, etc), for the remainder of the day after the colonoscopy. Absolutely no straining. You may go up and down stairs and carry on normal activities otherwise.
5. You may have a light meal following the colonoscopy and resume your regular diet the same day or following day. Drink plenty of fluids. You may be constipated day or so

after the colonoscopy. If you tend to be constipated normally you should begin taking a stool softening agent immediately. NO LAXATIVES.

6. You may resume your regular medications, unless directed differently by your physician. No aspirin or products containing aspirin for the next 5 days.
7. If a biopsy was done or any tissue removed, the office will call you to schedule a follow-up appointment.

*These recommendations are suggested for otherwise healthy patients without underlying health problems. Please call the office at 970-668-5858 if there are any concerns or questions.

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