

Endoscopy Department



COLONOSCOPY DISCHARGE ADVICE

Food and drink:

You will be given a light snack before your discharge from the endoscopy unit. If you have received sedation **DO NOT DRINK ALCOHOL** as this may make you much more sleepy than usual.

Activities:

If you have been given sedation during the procedure. This will make you less alert than usual. We recommend that for the rest of the day of your test you:

- **DO NOT DRIVE**
- **DO NOT OPERATE ANY MACHINERY e.g. Lawnmower etc.**
- **DO NOT SIGN ANY IMPORTANT DOCUMENTS**
- **DO NOT SUPERVISE CHILDREN ON YOUR OWN**

You may resume normal activities on the day after the examination.

Medications:

You may resume normal medications immediately after the colonoscopy. Please ask if you are not sure that a medication is safe.

Common Side Effects:

You may have some abdominal discomfort after your procedure. This can be caused by wind in the stomach during the procedure and can last up to 24 hours. If you have had biopsies taken, polyps removed or any procedure on haemorrhoids you may experience slight bleeding from the back passage

Things to report to your doctor:

After Colonoscopy there are rarely complications, but it is sensible that you are aware of these.

- Sudden onset or severe abdominal pain
- Sudden blood loss
- Large volume of blood loss from the back passage (bowel)
- Fainting
- Redness, tenderness and swelling at the site of the intravenous injection that persists. If you experience any of the following please do not hesitate to contact the Endoscopy Department at **01 6466413** between 09.00 and 17.00 on weekdays or alternatively your own GP or the Accident & Emergency Department of your local hospital.

Follow Up:

You will receive a follow up appointment if this is needed. Otherwise you will be discharged to your General Practitioner (GP) or the Consultant that referred you to the service. A letter will be sent to your referring physician outlining the results of your test.