

After a Colonoscopy and Sigmoidoscopy

Caring for yourself after the procedure

- After you return home, rest for the remainder of the day.
- You might have some cramping, gassiness, and a feeling of fullness and abdominal bloating. This is normal.
- You might be tempted to eat a very large meal today but it would be best to avoid a fatty or spicy meal. Return to your normal diet tomorrow.
- It could take several days for your bowel movements to return to your normal pattern.

You received sedative medication

You could feel drowsy for the next 24 hours. Someone should stay with you for the next 12 to 24 hours.

Even if you do not feel drowsy, for the next 24 hours:

- ✗ **Do not** drive or operate machinery.
- ✗ **Do not** drink alcohol.
- ✗ **Do not** sign any legal documents or make any important decisions.

Go to the nearest Emergency Department

if you have any of the following:

- chills or fever over 38.5 C (101.3 F)
- trouble breathing or chest pain
- belly pain that gets worse or does not improve in time
- a large or concerning amount of bright red blood after a bowel movement (A small amount of blood is normal if a polyp was removed.)
- black or tarry looking stool (poop)

Results and Follow Up

- No polyps were found!**
- You have polyps that were removed.**

- Call your family doctor's office for a follow-up appointment in _____
- Call your Gastroenterologist's office for a follow-up appointment in _____
- Call your Gastroenterologist's office for results and further direction in _____

- You have haemorrhoids.**
- You have diverticulosis.**
- Biopsies were taken** for further testing.

- If taking blood thinners** (anticoagulants or antiplatelet agents) restart _____ on _____

