



Post Colonoscopy Instructions

You have just had your large intestines examined with a flexible lighted tube.

Immediate Post Colonoscopy Instructions

1. You may have discomfort or bloating in your stomach right after the test is completed. This is a common sensation because air is being used during the test to help the doctor see your intestines better. Expect to be passing gas after the test.
2. Your balance, coordination, judgment and ability to concentrate may be impaired. Please have someone with you for the next 24 hours.
3. Please don't drive, operate machinery or electrical equipment for the next 24 hours.
4. Avoid smoking and alcohol for the next 24 hours.
5. You may resume your usual diet and activity after the test is done.

Problems

Please report any of the following problems to your doctor:

- If you had a biopsy done (a piece of issue taken from your colon for laboratory examination), you may have a small amount of blood in your next bowel movement. This is normal. However, if bleeding persists, call the VA.
- Rectal pain.
- Abdominal (stomach) pain.

Reminders

1. If a biopsy was done, avoid aspirin for the next 10 days.
2. Continue to take your medications as ordered by your doctor.
3. Your next General Surgery Clinic appointment is _____.
4. It is important that you keep your appointments. Please call the VA if you need help in setting up appointments.

Comments/Additional Information

**Please call the VA at
(716) 834-9200, Extension _____,
if you have any questions.**

