Self care after: Colonoscopy

Your procedure was performed by Dr: ________________________________

Date:

Resume your regular diet and all previous medications, unless your doctor instructs you otherwise. Your doctor will give you specific instructions if and when it is safe to resume anti-inflammatory medications or blood thinners.

For the next 24 hours:
1. Do not drive or operate any machinery for at least 24 hours after your procedure. The sedatives may block your ability to concentrate or respond quickly, so this may be dangerous.

2. Do not drink alcohol. The combination of alcohol and sedation can affect your body in a way that can be dangerous to your health.

3. Do not make important decisions, sign contracts or legal documents. You may not think clearly because the sedatives slow your body and mind.

4. REST! You received sedatives during your procedure, and these may make you tired or dizzy.

After the procedure you may have any of the following:
- Small amount of rectal discomfort or bleeding
- Gas, bloating or cramping (DO NOT take Alka-Seltzer.)

Call your doctor IMMEDIATELY at the emergency numbers (below) if you have any of the following:
- Fever or chills
- Continued bleeding with bowel movements
Severe abdominal pain
Severe dizziness, weakness, or fast heart rate
Shortness of breath
Inability to eat
Severe nausea and vomiting
Any unusual pain or problem
Pain or redness at the site where the intravenous needle was placed

In case of emergency
Call your doctor IMMEDIATELY through the NIH page operator at 301-496-1211. During office hours, call 301-451-0336 and ask to speak with the GI nurse.

If you have any questions about these instructions please call 301-451-0336 during office hours (6 a.m. to 6 p.m., Monday through Friday) and ask to speak with the GI nurse.

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National Institutes of Health Clinical Center
Bethesda, MD 20892

Questions about the Clinical Center?
http://www.cc.nih.gov/comments.shtml
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