

Discharge Advice after Your Colonoscopy Patient Information

After your Colonoscopy

The sedation you have been given makes you sleepy and can cause forgetfulness and lack of concentration for up to 24 hours. You should go home and rest today.

You must be collected and accompanied home.

If you have had sedation and live alone, we recommend that you do arrange for someone to stay with you overnight.

For 24 hours **after** the sedation you must not:

- drive
- drink alcohol
- operate heavy machinery
- sign any legally binding documents.

Most people feel back to normal after 24 hours.

After Effects

You may feel bloated with mild abdominal pain. This is due to wind and should quickly settle. Peppermint tea/water, warm drinks and walking around can help to pass the wind out.

If you have had biopsies taken or polyps removed you may experience some bleeding from your back passage. This should stop when your bowels have been opened once or twice.

If you have continued or worsening bleeding, or if you have severe abdominal pain or unexplained fever, you should contact the Hospital.

Some people experience other side effects following a colonoscopy. If you have other symptoms that worry you, please contact the number at the back of this leaflet for advice.

Eating and Drinking

You can return to eating and drinking straight after your procedure.

You can also continue taking your usual medication.

What Happens Next?

A copy of the endoscopy report will be sent to your GP within 1 working day. You should also be given a copy of the report before you go home.

Your follow up appointment will be given to you at your discharge along with your colonoscopy report OR the Consultant may write to you instead.

Biopsy Results

All biopsy results (if taken) are seen by your Consultant. You may be given your biopsy results when you come for your next outpatient appointment. If a Consultant does not need to see you in the Outpatients Department, they will write to you and your GP with the results.

If you have continued or worsening bleeding, or if you have severe abdominal pain or unexplained fever, please contact the Hospital.

If you have any concerns or questions regarding your care following discharge, please do not hesitate to contact the hospital.

Let us know your views

Please complete the green questionnaire before you leave
with comments about your experience

For assistance or further details please telephone
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