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Colonoscopy Discharge Instructions

A colonoscopy is an exam that views the inside of the colon (large intestine) and rectum, using a tool called a colonoscope.

When you Were in the Hospital or Clinic this is what the procedure involved:

- You were likely given [medicine into a vein \(IV\)](#) to help you relax. You should not feel any pain.
- The colonoscope was gently inserted through the anus and was carefully moved into the large intestine.
- Air was inserted through the scope to provide a better view.
- Tissue samples ([biopsy](#) or [polyps](#)) may have been removed using tiny tools inserted through the scope. Photos may have been taken using the camera at the end of the scope.
- Your doctor will likely come to talk to you and explain the results of the test.
- Final results for any tissue biopsies that were done may take few days.

Getting Home:

- Medicines you were given can change the way you think and make it harder to remember for the rest of the day.
- As a result, it is **NOT** safe for you to drive a car or find your own way home.

Eating and Drinking:

- You will be asked to wait 30 minutes or more before drinking. Try small sips of water first. When you can do this easily, you should begin with small amounts of solid foods.
- You may feel a little bloated from air pumped into your colon, and burp or pass gas more often over the day.
- If gas and bloating bother you, here are some things you can do:
 1. Use a heating pad
 2. Walk around
 3. Lie on your left side

The Rest of the day:

- DO NOT plan to return to work for the rest of the day. It is not safe to drive or handle tools or equipment.
- You should also avoid making important work or legal decisions for the rest of the day, even if you believe your thinking is clear.
- Keep an eye on the site where the IV fluids and medicines were given. Watch for any redness or swelling.
- Ask your doctor which medicines or blood thinners you should start taking again and when to take them.
- If you had a polyp removed, your provider may ask you to avoid lifting and other activities for up to 1 week.

Call your provider if you have:

- [Black, tarry stools](#)
- Red blood in your stool
- Vomiting that will not stop or vomiting blood
- Severe pain or cramps in your belly
- Chest pain
- Blood in your stool for more than 2 bowel movements
- Chills or fever
- No bowel movement for more than 3 to 4 days