

# COLON AND RECTAL SURGERY, LTD.

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## *After Your Colonoscopy*

We ask that you review these simple guidelines to maximize your comfort and minimize the risk of complications after your colonoscopy.

### **RESTRICTIONS ON ACTIVITY**

- Do not drive a car or operate machinery until the day after your procedure.
- On the day following your procedure, you may resume normal activity including work.
- For the next three (3) days, avoid strenuous lifting, running or straining.

### **DIET**

- You may eat and drink normally, unless instructed otherwise.

### **TREATMENT FOR COMMON AFTER EFFECTS**

- Mild abdominal pain, bloating or excessive gas: rest, light meals, and if you wish you may use a heating pad.
- Nausea is usually due to the medications given, and will pass in time.

### **SYMPTOMS WHICH REQUIRE REPORTING TO YOUR PHYSICIAN**

- **SEVERE** abdominal pain or bloating.
- Fever within 24 hours of the procedure.
- **PROFUSE** bleeding from the rectum. A small amount of bleeding is not indicative of a problem, especially if hemorrhoids are present.

### **IF A LARGE POLYP HAS BEEN REMOVED**

- For the next seven days, do not take aspirin. Avoid distant travel.
- If bright red rectal bleeding occurs, call our office.

*If you have any questions or problems, please feel free to call our office.*