

CENTRAL VALLEY COLON & RECTAL SURGICAL ASSOCIATES

6121 N. Thesta St., Suite 202 ♦ Fresno, CA 93710 ♦ Phone 559.440.0283 ♦ Fax 559.440.0192

◆◆◆ THESE ARE YOUR POST COLONOSCOPY INSTRUCTIONS ◆◆◆

1. You may feel drowsy the remainder of the day. This is normal. You may not drive a car until the following day.
2. You may experience gas, bloating, nausea, cramps or abdominal pain. If you have severe abdominal pain, tenderness, fevers, or chills, notify our office.
3. You may have slight bleeding. If you have bleeding that seemingly will not stop, notify our office.
4. Eat lightly today. Food should be bland, such as soups, eggs, chicken or fish, potatoes, well cooked vegetables. Tomorrow you may resume your regular diet. No alcohol or narcotics for 24 hrs.
5. If a polyp was removed, do not take aspirin, Advil or similar anti-inflammatory medicine, such as St. John's Wort, Ginko Biloba, or vitamins for 2 weeks.
6. If polyps were removed, you should not do heavy lifting or strenuous exercise for 2 weeks. Your greatest chance of bleeding is generally between 7-14 days.
7. Please call for the results if you are not contacted by the office within 10 days.
8. If you have any problems or questions, please do not hesitate to call the office, 559.440.0283.