

# WHAT TO EXPECT AFTER YOUR COLONOSCOPY

**Dear Patient:**

**Please follow these guidelines to ensure the best possible outcome after your procedure:**

- ✓ Do not drive, operate hazardous machinery, or make critical legal decisions for at least 12 hours.
- ✓ You should be in the presence of an adult for 4-6 hours after your procedure.
- ✓ Resume medications when you start eating, unless otherwise instructed.
- ✓ Mild bloating is normal. Discomfort can be relieved by walking or lying on your stomach.
- ✓ If a polyp is removed, you must remain in this area or an area easily accessible to emergency health care for 14 days.
- ✓ If biopsies are taken you will be contacted with results within 1-2 weeks.
- ✓ You may have a small amount of blood on the toilet paper or in the stool after bowel movements. If you pass large amounts of blood or blood clots, call us at 970-669-5432 immediately, and at any time of day or night, or go to the nearest emergency department.
- ✓ You should call us at 970-669-5432 immediately, and at any time of day or night, if you have a fever or persistent abdominal, back or chest pains, shortness of breath, or any concerns.

