

post procedure instructions | COLONOSCOPY

Your procedure involved sedation and the following applies to you:

- ❖ Be aware of the risk of falling and take the appropriate measures;
- ❖ You should not drive a vehicle for 24 hours after your procedure;
- ❖ You should avoid alcohol for 24 hours after your procedure;
- ❖ You may be dehydrated and will need to increase your fluid intake for the next 24-hours.

Other things to be aware of

- ❖ You may return to a normal diet and fluids;
- ❖ Your bowel motions should return to normal during the next 48 hours, however some people may experience diarrhoea.
- ❖ Remove the IV pressure pad after 3 hours.
- ❖ If any signs of infection appear at the cannula site please contact our office and make an appointment to see your GP.

You may experience some discomfort over the next 24-48 hours, some of these symptoms may be:

- ❖ Wind pain and/or cramps – to ease, try Mylanta, peppermint tea/capsules, and/or heat packs
- ❖ You may pass a small amount of blood. A small amount of blood on the toilet paper or in the toilet is not unusual.

Also, you may experience blue/green urine for up to 48 hours if Indigo Carmine Dye was used during your procedure.

These symptoms usually settle without treatment, however if you have persistent pain, bleeding or develop a temperature you should seek medical assistance.

Please contact the facility if you experience any signs or symptoms of infection within 30 days that could be related to your procedure.

Please contact your specialist or general physician during office hours or your nearest medical facility after hours.

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Version June 2021

