

COLONOSCOPY POST-OP INSTRUCTIONS / INFORMATION:

1. You have just had an examination of your colon (large intestine) called a colonoscopy.
2. No driving or operating heavy power equipment today.
3. Do not drink alcohol today.
4. Do not sign any important or legally binding papers today.
5. No strenuous activity today.
6. You may start taking small sips of clear fluids after your colonoscopy. If tolerated, then you may start small amounts of food until tolerating your normal diet.
7. You may experience drowsiness or forgetfulness. You may also notice altered bowel habits, excessive gas and belching or bloated feeling.
8. If recommended by your physician, you should avoid Aspirin, Aspirin products and Arthritis medications for 7 – 10 days following the exam if biopsies or polypectomies have been performed.
9. You may develop soreness or redness where your IV medication was given. Apply warm wet cloths to the area for 15 minutes 3 – 4 times per day.
10. You may have a bloated, gaseous feeling in your abdomen after a colonoscopy. Passing gas and belching will help. Walking or lying down on your left side with your knees flexed may relieve the discomfort.
11. Call the office at (865)305-5335 right away if you notice any of the following:
 - a. Vomiting of blood and/or “coffee ground” material.
 - b. Rectal bleeding - >1Tbsp, blood clots, or continuous bleeding.
 - c. Severe abdominal pain.
 - d. Chills, fever over 101 degrees F.
 - e. Persistent nausea or vomiting.
 - f. Persistent disorientation.
 - g. Persistent coughing or spitting up blood.
 - h. Persistent redness, hardness, or tenderness at IV site.