

POST - OPERATIVE INSTRUCTIONS

- You may return to a regular diet after the procedure. However, it is recommended to avoid heavy/fatty meals. Refrain from Alcohol.
- You should NOT drive for the remainder of the day/night of the procedure. Have someone take you home and make sure you are accompanied for the remainder of the day/night.
- Some abdominal discomfort is normal after a colonoscopy. Bloating and abdominal discomfort is caused by the air pumped into your bowel during the procedure. This is usually relieved by passing gas. The following methods may help relieve gas:
 - Drinking warm liquids such as tea or coffee
 - Walking
 - A warm bath
 - If the abdominal pain worsens over time and is accompanied by a fever and/or nausea, please contact the below number. If unable to speak with doctor please attend your closest emergency department.
- You may notice a small amount of bleeding when you go to the bathroom, either in the toilet or on the tissue. This is normal after having a colonoscopy (especially if a polyp was removed). If the bleeding continues or increases after 24hrs please contact your doctor.
- It is also normal to NOT have a solid bowel movement within 12-24 hours as your colon was emptied by the preparation.
- Certain foods may cause bloating and gas after the procedure. For example: onions, garlic, chocolate, dairy products, broccoli, cauliflower, cabbage and certain spicy foods. If you find these foods bother you, try to eat them in moderation. You may wish to eliminate them from your diet if you find them truly bothersome.

Follow-up

- Around 1 – 2 weeks post your procedure you will have a review appointment with your surgeon. WPRS staff will have attached an appointment card to this handout advising you of this. If you haven't received a card or appointment, please contact the WPRS rooms on (03) 5562 5330.

If you have any concerns please contact WPRS on (03) 5562 5330.

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.
- After hours you may leave a message or your call will be diverted to the on-call Surgeon.

In the unlikely event you are unable to contact staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.