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Patient Education:

# Colonoscopy, Adult, Care After

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This sheet gives you information about how to care for yourself after your procedure. Your health care provider may also give you more specific instructions. If you have problems or questions, contact your health care provider.

## What can I expect after the procedure?

After the procedure, it is common to have:

- A small amount of blood in your stool for 24 hours after the procedure.
- Some gas.
- Mild abdominal cramping or bloating.

## Follow these instructions at home:

### General instructions



- For the first 24 hours after the procedure:
  - **Do not** drive or use machinery.
  - **Do not** sign important documents.

- **Do not** drink alcohol.
- Do your regular daily activities at a slower pace than normal.
- Eat soft, easy-to-digest foods.
- Rest often.
- Take over-the-counter or prescription medicines only as told by your health care provider.
- It is up to you to get the results of your procedure. Ask your health care provider, or the department performing the procedure, when your results will be ready.

## Relieving cramping and bloating

- Try walking around when you have cramps or feel bloated.
- Apply heat to your abdomen as told by your health care provider. Use a heat source that your health care provider recommends, such as a moist heat pack or a heating pad.
  - Place a towel between your skin and the heat source.
  - Leave the heat on for 20–30 minutes.
  - Remove the heat if your skin turns bright red. This is especially important if you are unable to feel pain, heat, or cold. You may have a greater risk of getting burned.

## Eating and drinking

- Drink enough fluid to keep your urine clear or pale yellow.
- Resume your normal diet as instructed by your health care provider. Avoid heavy or fried foods that are hard to digest.
- Avoid drinking alcohol for as long as instructed by your health care provider.

## Contact a health care provider if:

- You have blood in your stool 2–3 days after the procedure.

## Get help right away if:

- You have more than a small spotting of blood in your stool.
- You pass large blood clots in your stool.
- Your abdomen is swollen.
- You have nausea or vomiting.
- You have a fever.
- You have increasing abdominal pain that is not relieved with medicine.