

From the Desk of Yair Melamed, MD, MyPhysician Associates

Colonoscopy Discharge Instructions

You have had a colonoscopy a procedure that helps your doctor examine part of your large bowel. The following information and instructions have been prepared to help you recover. If you have any questions, please ask your doctor or nurse.

- You might notice a few drops of blood on your underwear, or you might see blood on the toilet paper after you use the bathroom. This is caused by irritation to the bowel during the procedure and is not a problem. **However, if you have heavier bleeding - more than 2 tablespoons of bright red blood - contact your doctor right away.**
- You might feel "gassy" or "crampy" for a few hours. This is because air was put into the colon during the procedure. You should start to expel gas before you leave the hospital. **However, if you have abdominal (stomach) pain or swelling, please call your doctor right away.**
- You might feel nauseated today. This sometimes happens because of the medicines you were given. Eat lightly until you are feeling better. **If nausea continues for more than 24 hours, please call your doctor.** If you do not feel nauseated, you may eat anything you like for the rest of the day.
- Please call your doctor if you have a fever or chills within the next 48 hours.
- **If you had a biopsy, or if you had a polyp removed,** you should not take aspirin or aspirin-like products **for the next ten days.**
- **If you had a biopsy, or if you had a polyp removed,** check with your doctor before taking any blood thinners, such as COUMADIN.
- If your IV site becomes red, swollen, or painful, call your doctor.

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