

Patient Education

Colonoscopy Discharge Instructions

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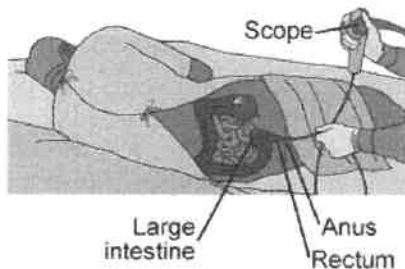
You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

About this topic

Colonoscopy is done so your doctor can see the inside of your large intestines, also called your colon, and your rectum. It uses a lighted tube called a scope, which has a tiny camera that can be moved through the large intestine. This may be done to:

- Screen for colon cancer or polyps
- Look for the source of rectal bleeding
- Find the cause of changes in your bowel movement
- Find the cause of belly or rectal pain
- Check results from other tests
- Check your response to treatment for other diseases

Colonoscopy



What care is needed at home?

- Ask your doctor what you need to do when you go home. Make sure you ask questions if you do not understand what the doctor says. This way you will know what you need to do.
- Rest. Do not drive the rest of the day. Do not sign any important papers or make any important decisions for the next 24 hours.
- You may feel groggy. Take extra care when moving about.
- You may have gas or mild cramping. This is normal.
- A small amount of bleeding may happen during the first few days after your procedure.
- Start back on your normal diet unless you need some changes in your diet.

What follow-up care is needed?

- Your doctor will talk to you about your test results. Your doctor may ask you to make visits to the office to check on your progress. Be sure to keep these visits.
- Ask your doctor when you need to have another colonoscopy. The amount of time between tests is based on what was found during this test. People with no polyps may be able to wait 10 years to have another colonoscopy. Other people may need to have this test repeated in 1 year because of the kind of polyps that were found in their colon. Ask your doctor when you need to come back.

What drugs may be needed?

Ask your doctor what drugs you will need to take. Take your drugs as told by your doctor.

Will physical activity be limited?

Physical activities may be limited for a short time. Rest after the procedure. You may go back to your normal activities within a day or so.

What changes to diet are needed?

- Drink 6 to 8 glasses of water each day.
- Eat food rich in fiber like fresh fruits and vegetables.

What problems could happen?

- Tear inside your colon
- Bleeding can happen up to a few days afterwards

When do I need to call the doctor?

- Fever of 100.4°F (38°C) or higher, chills
- Bleeding during bowel movements (1 teaspoon (5 mL) or more) or maroon stool
- Throwing up more than 3 times in the next 48 hours
- Feeling dizzy
- Feeling weak
- Belly pain that is getting worse
- Not able to have a bowel movement for more than 2 days
- Hard swollen belly

Teach Back: Helping You Understand

The Teach Back Method helps you understand the information we are giving you. The idea is simple. After talking with the staff, tell them in your own words what you were just told. This helps to make sure the staff has covered each thing clearly. It also helps to explain things that may have been a bit confusing. Before going home, make sure you are able to do these:

- I can tell you about my procedure.
- I can tell you what signs are normal after my procedure.
- I can tell you what I will do if I throw up more than 3 times in the next 48 hours or I have more belly pain.

Where can I learn more?

American Cancer Society

<https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/screening-tests-used.html>

American Society of Clinical Oncology

<https://www.cancer.net/navigating-cancer-care/diagnosing-cancer/tests-and-procedures/colonoscopy>

National Digestive Diseases Information Clearinghouse

<http://digestive.niddk.nih.gov/ddiseases/pubs/colonoscopy/>

Consumer Information Use and Disclaimer:

This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions or recommendations. Only your health care provider has the knowledge and training to provide advice that is right for you.

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