

There may be a trace of blood with your first bowel action if a biopsy was taken or polyps were removed. This usually settles without treatment. If you experience continued bleeding, please present to your nearest Emergency Department.

The preparation you have taken can result in you being left dehydrated. Please drink some extra fluid over the next 24 hours to improve your recovery.

It may take up to 2–3 days to re-establish your usual bowel pattern after completing the colonoscopy preparation.

FEEDBACK

In order to provide the best possible care and to identify areas for improvement, we value your feedback on the service you received when a patient at South Perth Hospital. You can do this by following the links on our web page, www.sph.org.au or by completing an evaluation form before you leave the hospital.

The day after your procedure a member of the South Perth Hospital team may contact you and ask how you are feeling and to answer any questions you may have.

IMPORTANT INFORMATION

If you have any problems or concerns about your health after you are discharged, please present to your nearest Emergency Department and take your procedure report with you.

References

- Bunbury Day Surgery. "Gastroscopy and Colonoscopy Discharge Information". 2010.
- Clinical Center National Institutes of Health. "Self care after: Colonoscopy". 2011.



SOUTH PERTH
HOSPITAL

DISCHARGE INSTRUCTIONS

GASTROSCOPY / COLONOSCOPY



Version 1: May 2014

Telephone: 9368 2333

GENERAL ADVICE

Resume your regular diet and all previous medications unless your doctor instructs you otherwise.

For the next 24 hours it is very important that you rest. You have received sedatives during your procedure and these may make you feel tired and dizzy.

If you have any problems or concerns about your health after you are discharged, please present to your nearest Emergency Department and take a copy of your procedure report with you.

To discuss the findings from your procedure and results from any specimens and samples taken, please make an appointment with your referring General Practitioner in a weeks time.

Recovery

You must remember that in the 24 hours following your procedure, whilst you may feel totally recovered, your coordination, reflexes and mental reactions may be impaired. It is important that you do **NOT**;

- Drive or ride any type of vehicle.

- Operate machinery.
- Make important decisions or sign any legal documents.
- Engage in sports, heavy lifting or work.
- Travel alone by public transport.

You must also arrange for a responsible adult to care for you at home for the first 24 hours.

COMMON SIDE EFFECTS

Bruising

You may notice some bruising at the site of your injection or pain at the back of the hand. This is due to a reaction of the vein to the insertion of a needle and the injection of medication. This should settle without treatment.

Sore Throat

This may occur due to measures taken by your anaesthetist to assist your breathing during your procedure. This usually resolves uneventfully.

Nausea and Vomiting

This is uncommon but should it occur, decrease the amount you are drinking and just take sips of water or ice chips until it

settles. Please contact your doctor if symptoms persist or worsen.

Dizziness

It is common after receiving sedatives. If you have been lying down, first sit then stand up slowly. Move around carefully. Do not try and stand for prolonged periods.

Disturbed Ability to Concentrate

This may happen to some patients for a day or so.

AFTER A GASTROSCOPY

Mild discomfort and irritation may occur in the throat as a result of the gastroscopy. This should subside within 24—48 hours.

You may have some minor bloating or cramping due to air introduced in the stomach during your procedure. This should also settle without treatment.

AFTER A COLONOSCOPY

You may feel some abdominal discomfort and bloating because of the air inflated into your colon during the procedure. Passing wind will help relieve this discomfort.