

The bowel preparation can result in dehydration. Please drink extra fluids over the next 24 hours to improve your recovery.

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

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 have any of the following symptoms in the hours or days after the colonoscopy you should present to your nearest emergency department:

- severe abdominal pain
- black, tarry motions
- persistent bleeding from the anus
- fever
- other symptoms that cause you concern.

FOLLOW UP

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. Take your procedure report with you.



Clinical Governance Standard

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References:

Australian Commission on Safety and Quality in Health Care. *Colonoscopy Clinical Care Standard*. 2018.

Bunbury Day Hospital. *Gastroscopy and Colonoscopy discharge Information*. 2018.

Digestive Health Foundation. *Information about Colonoscopy*. 2012.

Digestive Health Foundation. *Information about Gastroscopy*. 2012.



DISCHARGE ADVICE FOLLOWING ENDOSCOPY



GENERAL ADVICE

After your procedure it is very important that you rest.

You must make sure that you have a responsible adult to care for you at home after your procedure.

You have received sedatives and your coordination, reflexes and mental reactions may be impaired. Until the following morning you should not:

- return to work
- engage in sports or heavy lifting
- drive or ride any type of vehicle
- travel alone by public transport
- drink alcohol
- operate machinery; or
- make important decisions or sign any legal documents.

You can eat and drink normally.

You can resume your usual medications unless your doctor instructs you otherwise.

COMMON SIDE EFFECTS

Bruising

You may notice some bruising at the site where your drip was inserted. This should settle without treatment.

Sore Throat

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

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.

Dizziness

It is common after receiving sedation. If you have been lying down, first sit then stand up slowly. Move around carefully.

Difficulty Concentrating

You may feel tired and find concentrating after your procedure difficult. This will resolve with rest.

AFTER A GASTROSCOPY

Mild discomfort and irritation may occur in the throat. This should subside within 24 to 48 hours.

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

If you have any of the following symptoms in the hours or days after the gastroscopy, please present to your nearest emergency department:

- fever
- trouble swallowing
- increased throat, chest or abdominal pain
- other symptoms that cause you concern.

AFTER A COLONOSCOPY

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