

William Erber, M.D., P.C.
Gastroenterology and Endoscopy
Diseases of the Digestive Tract and Liver
Board Certified

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Instructions following Colonoscopy

You have just had a colonoscopy. This sheet contains information about what to expect over the next week. Your doctor will speak with you and decide a course of action. If biopsies were taken from the colon or if a polyp was removed, please call the office in approximately 10-days to obtain results.

Please telephone our office immediately if you have:

- Severe or persistent abdominal pain
- Fever
- Bloody bowel movement(s)
- Vomiting

Bleeding

- Bleeding may occur immediately after taking a biopsy or after the removal of a polyp.
- A small amount of blood in the stool is not uncommon after colonoscopy, but the passage of an entire bloody bowel movement should be immediately reported.

Pain

- Persistent or sharp abdominal pain is uncommon after colonoscopy. If this occurs, call our office.
- Many patients experience discomfort due to the air pumped in to the colon during the procedure, but this usually subsides over the course of a few hours.

Intravenous Problems

- The medications injected into your arm vein may cause local swelling and discomfort, which may last 1-2 weeks. Although this may become bothersome, it is almost never serious.
- Please contact your doctor if local redness, swelling or tenderness near the injection site worsens in the days following your procedure, as this may indicate a skin infection.

Food

- We suggest that you avoid any heavy or fatty meals today.
- **DO NOT DRINK ALCOHOL** on the day of the procedure.
- Tomorrow you may resume your usual diet.
- If a polyp was removed, avoid raw fruits and vegetables for one week.

Activities

- The sedation you received has made you less alert than normal.
- **DO NOT DRIVE** or exercise today. Be extra cautious during physical activity today.
- You may resume normal activities tomorrow.

Medications

- You may resume all medications after your colonoscopy.
- If a polyp was removed, your physician may advise you to avoid aspirin-containing medications or anti-coagulants for up to 10 to 14 days.

Next Bowel Movement

- Since your colon has been cleansed, do not expect to have a bowel movement for 2-3 days.

If you have further questions, please call us at 718.972.8500

Follow up surveillance colonoscopy should be scheduled in _____ months/years.

Name: _____ **DOB:** _____

Signature: _____ **Date:** _____