
Colonoscopy, Adult, Care After

This sheet gives you information about how to care for yourself after your procedure. Your doctor may also give you more specific instructions. If you have problems or questions, call your doctor.

Follow these instructions at home: General instructions

- For the first 24 hours after the procedure:
 - **Do not** drive or use machinery.
 - **Do not** sign important documents.
 - **Do not** drink alcohol.
 - Do your daily activities more slowly than normal.
 - Eat foods that are soft and easy to digest.
 - Rest often.

- Take over-the-counter or prescription medicines only as told by your doctor.
- It is up to you to get the results of your procedure. Ask your doctor, or the department performing the procedure, when your results will be ready.

To help cramping and bloating:

- Try walking around.
- Put heat on your belly (*abdomen*) as told by your doctor. Use a heat source that your doctor recommends, such as a moist heat pack or a heating pad.
 - Put a towel between your skin and the heat source.
 - Leave the heat on for 20-30 minutes.
 - Remove the heat if your skin turns bright red. This is especially important if you cannot feel pain, heat, or cold. You can get burned.

Eating and drinking

- Drink enough fluid to keep your pee (*urine*) clear or pale yellow.
- Return to your normal diet as told by your doctor. Avoid heavy or fried foods that are hard to digest.
- Avoid drinking alcohol for as long as told by your doctor.

Contact a doctor if:

- You have blood in your poop (*stool*) 2-3 days after the procedure.

Get help right away if:

- You have more than a small amount of blood in your poop.
- You see large clumps of tissue (*blood clots*) in your poop.

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- Your belly is swollen.
 - You feel sick to your stomach (*nauseous*).
 - You throw up (*vomit*).
 - You have a fever.
 - You have belly pain that gets worse, and medicine does not help your pain.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 01/20/2012 Document Revised: 09/11/2017 Document Reviewed: 09/11/2017

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