

# **Post Colonoscopy Instructions**

During your Colonoscopy, you have received a sedative.

For 24 hours after your examination, **DO NOT**:

- Drive a car
- Operate machinery
- Drink alcohol
- Make any legal or financial decisions.

**You must have someone drive you home, or take a taxi**

**Do not take public transit (TTC)**

A little discomfort is normal after the colonoscopy. Bloating and abdominal discomfort are caused by the air that was pumped into your bowel during the procedure, this may be relieved by:

- Drinking warm fluids
- Walking
- Having a warm bath
- Trying to pass flatus (gas)

You may notice a small amount of bleeding when you go to the washroom, either in the toilet or on the tissue, this is normal. If it continues, or increases after 24 hours, or if pain continues and is not relieved by the suggestions above contact your doctor or return to your nearest emergency department.

Diet: Certain foods may cause bloating or gas, including: onions, garlic, chocolate, broccoli, beans, cauliflower, cabbage and dairy products. Eat cooked vegetables and bland foods to start. Avoid foods that are heavy, greasy or spicy. Increase other foods in your diet gradually over a few days.

**IF YOU HAVE ANY PROBLEMS CONTACT YOUR DOCTOR OR RETURN TO YOUR NEAREST EMERGENCY DEPARTMENT.**