

What should I avoid following my colonoscopy?

1. You are not to drive a motor vehicle until the day following your exam.
2. You must have a responsible adult accompany you home and stay with you overnight.
3. No beer or alcohol for 24 hours.
4. Do not sign legal documents or make important decisions for 24 hours.
5. Ask your doctor when to restart ASA, Coumadin or anti-inflammatory medication.

When should I call the doctor?

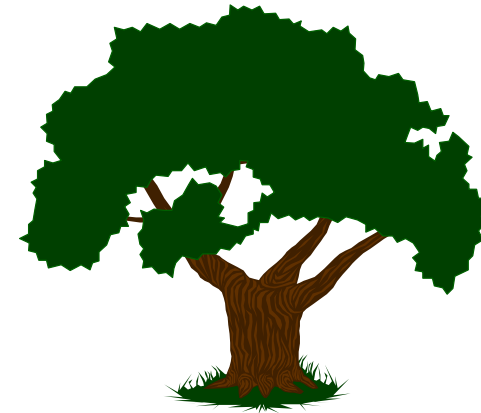
1. A little discomfort is normal after your colonoscopy. If mild pain persists beyond 24 hours and is not relieved by the previous mentioned methods, then you should contact your doctor. If severe pain occurs at any time you should return to the R.V.H. Emergency Department.
2. You may notice a small amount of bleeding when you go to the washroom either in the toilet or on the tissue. This is normal, but if bleeding continues to increase after 24 hours, please contact your doctor. Should you have significant increase in bleeding, (greater than ½ cup) come to the Emergency Department immediately.
3. Should you experience fever and/or chills contact your doctor.
4. Should you develop any other problems or have any concerns, please contact your doctor at his/her office or come into the Emergency Department.

References:

1. Endoscopy Department - RVH
2. Instructions for Surgery Patients – Economou & Economou



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COLONOSCOPY

Surgery Program

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What is a colonoscopy?

Using a narrow flexible scope, your doctor will look inside your colon. He/she looks at the lining of your large intestine for problems such as inflammation, tumors, and growths (polyps). As the doctor moves the scope, air is added to your colon. The air opens your colon and makes it easier for the scope to pass safely. You may experience a feeling of pressure or cramping as the air is added, depending on your level of anesthesia.

How do I prepare for the colonoscopy?

Your colon must be completely clear. Each doctor has a set of guidelines that you must adhere to, so that your doctor is able to perform the scope successfully.

Aspirin/Coumadin and anti-inflammatories should be avoided for one week prior to procedure if possible. Please check with your doctor.

What are the risks of a colonoscopy?

- Local irritation of vein where medication injected. Hot towels or moist packs help relieve discomfort.
- Medication may make you sick. You may have nausea and vomiting.
- Bleeding and tearing (perforation) of the large intestine lining is very rare. Bleeding is usually minor and easily controlled. In rare cases emergency surgery may be needed.

What hospital process am I to expect?

When you arrive for your surgery, you will register with a clerk in Registration. Once you are registered, you will be asked to change into a hospital gown and housecoat.

A nurse will then check your blood pressure, pulse, height and weight. Your health history will also be reviewed.

The nurse will then put an intravenous into a vein in your hand. This is required so that you may receive a mild sedation or anesthetic prior to the scope.

You will then be taken to the Endoscopy Suite, where the staff will explain each step as it happens.

Following the procedure you will be taken by stretcher to an area where you will rest and recover. A nurse will take your blood pressure and heart rate every 30 minutes. You will be encouraged to take fluids and eat following the procedure. Once you have been up for a walk and have been to the washroom, the nurse will remove your IV and will review the instructions to follow at home. You should be ready to go home within one hour after your colonoscopy.

What will I experience following the procedure?

- You may feel tired following the procedure because you have had mild sedation prior to your colonoscopy.
- A little discomfort is normal after your colonoscopy. You may have some cramping or bloating because of the air placed in your intestine during the colonoscopy. This should go away with the passage of gas. This may also be relieved by:
 - drinking warm fluids
 - walking
 - warm bath
- You may resume your normal diet.
- If no problems occur you may go home. Even if you feel awake your judgment and reflexes will be slow. You are required to have an adult take you home.