

## Endoscopy Department

### Going Home after Colonoscopy

Patient name. ....

Prescription to take away yes / No

Out-patient appointment required yes / No

#### **What can I expect having had sedation?**

After your Colonoscopy, you may feel drowsy. Even if you do not feel drowsy, a responsible adult must collect you from the Endoscopy Unit. This is because the sedation is still in your system and it is not safe to discharge you unaccompanied.

It takes time for the sedation to work through your system so for 24 hours

#### **Do not:**

- Drive
- Operate any machinery
- Drink alcohol
- Sign legal documents

#### **What symptoms might I feel?**

You may experience a feeling of being 'bloated with wind'. This is because your bowel has been filled with air during the colonoscopy and it may be feeling sensitive. It is normal to pass flatus after the test. This will get better once you are up and walking around. Try sucking mints, drinking boiled water or drinking diluted peppermint cordial.

When you next use the toilet, you may pass a small amount of blood, or notice blood on the toilet paper - this is quite normal. It should get better within 24 hours of the colonoscopy.

#### **When can I eat and drink?**

You can eat normal food when you get home, although you may prefer light meals on the day of the test.

#### **Medications**

You can resume your normal medication regime from 1-2 hours after your Colonoscopy. If a polyp was removed you will be informed when to resume taking Aspirin/Clopidogrel or other anticoagulant (blood-thinning) medication.

#### **What will happen to my bowel action?**

Your colon has been completely emptied to prepare for the test so you should not expect your bowel action to return to normal for 2-3 days. After that, things should return to normal.

#### **What symptoms should I worry about?**

Complications after colonoscopy are rare, so please do not be concerned. But should any of the following occur:

- Severe abdominal pain, or vomiting
- Severe abdominal swelling
- Fever
- Redness, or tenderness and swelling at your injection site that persists
- Passing large amounts of blood, particularly clots

**You should contact the unit between 08:00 to 18:00 Monday to Friday 01-2214599 / 01-2214416 outside of these times you should contact your nearest Emergency Department and bring this form with you for further advice and inform us.**

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