

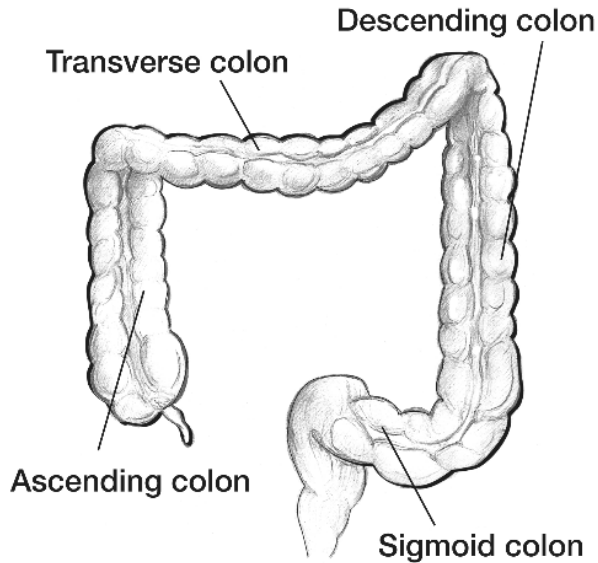
Discharge Instructions Post Colonoscopy

Today you had a colonoscopy with:

- Biopsy _____ Removal of polyp(s) _____

Other findings _____

Next colonoscopy date _____



Instructions from your Doctor (applicable only when checked):

- Do not take aspirin, anticoagulant (blood thinner), anti-inflammatories for _____ days.
- A follow-up appointment will be arranged by your Doctor's office.
- Please call your Doctor for a follow-up appointment in _____ weeks.
- Endoscopic clipping - after polyp removal it is sometimes necessary to place a small metallic clip to help the area heal. Most clips fall off in 3-14 days. They will be passed with your bowel movement. The clip may appear as a small metal object in your stool – this is normal. If you need to have an MRI in the near future please check with your physician.
- Restart Diabetic medications as instructed _____
- Other instructions _____

If you have received sedation, although you may feel normal the medications given to you can affect your judgement and reflexes.

For 24 hours do not:

- Drive a vehicle
- Operate heavy equipment, machines or power tools.
- Drink any alcoholic beverages
- Make any important or legal decisions.

Resume your normal diet after the procedure unless otherwise instructed by your Doctor.

Continue with your regular medications unless otherwise instructed by your Doctor.

If you had a biopsy or polyp removed you may notice some blood spots with your bowel movements for the next few days.

Call your Doctor immediately or go to the nearest Emergency Department if you have any of the following problems:

- **Severe abdominal or rectal pain**
- **If you are passing a large amount of blood or clots**
- **Fever**
- **Vomiting**
- **Chest pain**



Waterloo Wellington
Regional Cancer Program
in partnership with Cancer Care Ontario

Adapted with permission from Cambridge Memorial Hospital