

WHAT TO EXPECT FOLLOWING YOUR PROCEDURE

1. You may return to a regular diet after the procedure. However, it is recommended to avoid heavy/fatty meals. Refrain from alcohol.

2. You should NOT drive for the remainder of the day/night of the procedure. Have someone take you home and make sure you are accompanied for the remainder of the day/night.

3. Some abdominal discomfort is normal after a colonoscopy. Bloating and abdominal discomfort is caused by the air pumped into your bowel during the procedure. This is usually relieved by passing gas. The following methods may help relieve gas:

- Drinking warm liquids such as tea or coffee
- Walking
- A warm bath

4. If the abdominal pain worsens over time or is accompanied by a fever and/or nausea, you must go to the Emergency Room right away. If Mercy Iowa City's Emergency Department is too far, go to your nearest hospital. Please inform the clinic if this happens.

5. You may notice a small amount of bleeding when you go to the bathroom, either in the toilet or on the tissue. This is normal after having a colonoscopy (especially if a polyp was removed). If the bleeding continues or increases after 24 hrs please contact your doctor. The doctor may advise you to go to Mercy Iowa City's Emergency Department or the nearest hospital.

6. It is also normal to NOT to have a solid bowel movement within 12-24 hours as your colon was emptied by the preparation.

7. Certain foods may cause bloating and gas after the procedure. Such as onions, garlic, chocolate, dairy products, broccoli, cauliflower, cabbage and certain spicy foods. If you find these foods bother you, try to eat them in moderation. You may wish to eliminate them from your diet if you find them truly bothersome.

8. Refrain from any legal or financial decisions for 24-48 hrs after receiving I.V. sedation.

9. If your provider sent tissue samples to the laboratory for testing, they will receive those results to review. You should hear back on these results via phone call or letter within 2 weeks after your procedure. If you do not hear from us, we ask that you please contact our clinic. Do not just assume everything was normal.

10. Any follow up needs will be discussed with you following your procedure. However, due to the medications that are used during your procedure, you may not remember all that was told to you. Please contact our office with any questions you may have.



Any further questions or concerns, call the clinic and ask to speak to a nurse. 319-337-5997.