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Information and Advice After Your Colonoscopy

Following your colonoscopy, it is advisable that you take things easy. The drugs that you received during the procedure can take several hours to completely wear off.

YOU SHOULD NOT (24 hours following your procedure):

- drive a car
- drink alcohol
- travel unescorted on public transport
- make important decisions or sign legal documents
- operate hazardous machinery
- partake in any strenuous activities such as sport.

IT IS ADVISABLE to have a responsible adult stay with you during this time.

Post colonoscopy, you may experience:

- slight wind pain
- flatulence caused by air introduced during the examination
- a single episode of a small amount of bleeding

Complications are extremely rare.

You may have a normal diet and fluids post procedure as tolerated. It is advisable to increase your fluid intake to replace fluid loss during preparation for this procedure.

RUBBER BAND LIGATION OF HAEMORRHOIDS

If you have had haemorrhoids banded, you may experience the urge to go to the toilet for your bowels. This is common but you should avoid straining by not remaining sitting on the toilet without a bowel action and only return to the toilet if the urge to use our bowels returns.

You need to notify us if:

- you have heavy bleeding especially clots
- you pain is not controlled with Panadol/Panadine or does not improve within 48 hours

You will notice a little bleeding at 10-14 days after your procedure as the rubber band falls off. You may not see the rubber band which is usually white. If you have heavy bleeding please notify us urgently.