

Home Care After Your Colonoscopy



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You have just had a colonoscopy. **You must have someone drive you home, or be able to ride the bus.** This is how you should take care of yourself at home:

- You may be drowsy for the next 24 hours. During this time:
 - **Do not** drive.
 - **Do not** sign any important or legal papers.
 - Do not make any important personal, legal or business decisions.
 - Do not drive or use any equipment or tools, such as a lawnmower or power tools.
 - **Do not** drink any alcohol (wine, beer or liquor).
 - Move slowly and carefully.

- **Drink plenty of liquids today.** You may eat:



- _____ Your normal diet.
- _____ A high fiber diet (raw fruits and vegetables).
- _____ Liquids only for _____ hours.

- For the next 24 hours you may:
 - Have pain in your abdomen (belly) from the air put in during the test.
 - Feel a bit bloated.
 - Be sleepy or forgetful.



(over)

If you have any of these problems, go to the Emergency Room right away:



- Bleeding (more than 1 teaspoon at a time) from your rectum when you have a bowel movement.
- Feel dizzy or faint.
- The pain in your stomach (belly) gets worse.
- You have a temperature more than 100° Fahrenheit (37.8° Centigrade).
- You are not able to have a bowel movement for more than 2 days.



If your doctor took a biopsy or other samples during your test:

You will be called about the results of your biopsy, usually in 2 - 3 weeks, **or** else you will be scheduled for a follow-up appointment.

Questions?

If you had your test at the G.I. Lab in the main Parkland building, call them at 214-590-8839.



If you had your test in the Ambulatory Surgery Center, call them at 214-590-1900.