



QUEEN CITY

GASTROENTEROLOGY
& HEPATOLOGY

320 Lillington Ave, Suite 101
Charlotte, NC 28204

Colonoscopy Discharge Instructions

Restrictions on activity:

You have received medication that slows your reflexes and decreases your ability to think clearly. It is important that you do not drive a car or operate any machinery today. Be careful with position changes such as going from a lying to a sitting position or from sitting to standing. Tomorrow you may resume your normal activities.

Diet:

Do not drink any alcoholic beverages for the rest of the day. Otherwise you may eat or drink anything you like immediately after discharge.

Treatment for common after-effects:

You may experience some light abdominal pain, bloating, or excessive gas. Rest and eat lightly if you experience any of these common side effects.

Symptoms to watch for and that needs to be reported to your physician:

SEVERE abdominal pain, persistent bloating, nausea and vomiting, fever or rectal bleeding

If a polyp has been removed:

These steps should be followed for the next 5 days:

1. Do not take any aspirin.
2. If you are on blood thinning or anticoagulation medications, follow your physician's instructions before resuming.
3. If heavy rectal bleeding occurs, please call your physician immediately (some spotting of blood may be expected) or go to the Emergency Department.

If you have any questions, please contact the QCGH office at 704-362-4403