

POST-COLONOSCOPY INSTRUCTIONS

- ◆ Resume your regular diet unless otherwise instructed by your doctor. Avoid any excessive eating or drinking for 24 hours.
- ◆ Do not be alarmed by having to pass excessive gas per rectum for 12 to 24 hours following your colonoscopy. This is merely releasing the air put into the colon during the colonoscopy procedure.
- ◆ Do not take any pain medications or anti-inflammatories that contain aspirin or aspirin like substances (such as Motrin or Advil) for ten days if polyp removed or biopsies taken, unless your physician gives you permission. Tylenol (acetaminophen) may be taken for pain.
- ◆ If you have abdominal pain (other than mild discomfort and bloating) or if you experience any significant rectal bleeding (other than just spotting of blood from the anus), call our office at (425) 899-4600.
- ◆ Do not drive a car or operate any machinery or tools until the day following your colonoscopy: The medication you receive during the colonoscopy is a potent sedative or strong relaxant.
- ◆ The medication you received will make you forgetful about the events during and just after the colonoscopy. If you have unanswered questions, please contact us.
- ◆ You will be contacted by the colonoscopy department the day following your colonoscopy to see how you are doing and to see if you have any questions at that time.
- ◆ Please be certain to follow any other specific instructions given to you by Dr. J. Hibbert.
- ◆ Call our office at (425) 899-4600 to get biopsy results or to arrange for a follow-up appointment as instructed by Dr. J. Hibbert.