

Place  
Patient Information  
Sticker Here

# What you need to know after your colonoscopy test

Your colonoscopy was on:	
	(month, day, year)
The name of the doctor who did your colonoscopy:	
Facility where you had your colonoscopy:	
Facility telephone number:	

You **were not** given sedation.



Please go to the next page and continue reading.

## Effects of the sedation

You **were** given sedation.

Sedation is a medication that can affect your concentration and coordination for several hours. **You may feel sleepy or light headed.**

For at least **8 hours** after getting sedation;

OR

For \_\_\_\_\_ **hours** after getting sedation;



**Do not**  
drive a car



**Do not**  
drink alcohol



**Do not**  
operate heavy  
machinery or  
power tools



**Do not**  
sign legal  
or financial  
documents



Please have a **responsible adult** stay with you and care for any small children



If you usually use a **CPAP** or **BiPAP** machine, start wearing it again in any setting where you may fall asleep for the first 24 hours after being discharged - even to take naps.

## After your colonoscopy

It is common to have some **cramping** or pressure in your belly (abdomen) because of the air pumped into your colon during the test. This feeling should go away as you pass gas.

It is also common to see a **small amount of fresh blood** on the toilet tissue if a polyp was removed.

## At home

It is important to **rest** after your colonoscopy.

You can start to **eat your normal** diet after your colonoscopy.



**Please avoid any activity** that takes a lot of energy.  
(e.g., hard exercise or heavy lifting etc.)

**Take your regular medicine**, unless your doctor or the facility has told you something different.



If you usually take a blood thinner (**anti-thrombotic**) medication and have stopped taking it because of your colonoscopy, **you may start taking it again on:**



\_\_\_\_\_.  
(date, time)

Most of the time, depending on your job, you may go back to work the day after your colonoscopy.



Please **do not** plan air travel or long-distance travel for **2 weeks** after your colonoscopy. You may not be covered by your travel insurance if you have a problem (complication) from your colonoscopy and are out of the province or country.

## Complications can happen, but they are rare

Complications don't always happen right away. Bleeding from the site where a polyp was removed can happen **up to 4 weeks after a colonoscopy**.

## When to get medical help right away

Please **do not** ignore any symptoms that you are worried about or that you didn't expect.



### Go to an Emergency Department or Call 911 if you:

- Are passing **a lot of blood** from your rectum
- Feel like **fainting**
- Have a **temperature** over 38°C (100.4°F)
- Have **pain** in your belly (abdomen) that doesn't get better, even after passing gas

### If you aren't sure about your symptoms, you can call:

- **Health Link at 811** for 24/7 nurse advice or general health information.



If you had to go to an Emergency Department or were admitted to the hospital **within 30 days of your colonoscopy** because of problems related to your test, please contact the facility where you had your colonoscopy to let them know.



## Please do not ignore new bowel symptoms

Although the colonoscopy is very accurate, it is possible for polyps and even cancer to be missed. This is why it is important to **never ignore** new bowel **symptoms like**:

- Rectal bleeding
- A change in your bowel habits
- Pain in your abdomen
- Unintentional weight loss

**See your family doctor** if you develop these or any other symptoms you're worried about.

Facilities may use this page to attach additional information

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