

## Following a Colonoscopy/Polypectomy

Go home and rest for the remainder of the day.

You might have some cramping, some gas, and a full feeling in your abdomen. This is normal.

Eat small amounts of food for the rest of the day. Do not eat any big meals or fatty or spicy foods today. Return to your normal diet tomorrow.

- We gave you medicine to make you sleepy:**  
**Do not** drive at all or operate machinery today.  
**Do not** drink any alcohol today.  
**Do not** sign any legal documents or make any important decisions today.

### Go to the nearest Emergency Department if you have any of the following:

- You get chills or a fever over 38.5°C (101.3°F), using a mouth thermometer.
- You find it very hard to swallow.
- You have trouble breathing or cannot catch your breath.
- You have chest pain.
- You have pain in your stomach that gets really bad or does not go away.
- You notice bright red blood when you have a bowel movement.
- You notice your bowel movements look black like tar.

### The results of this test:

- Everything is normal.
- You have hemorrhoids.
- You have polyps that were removed.
- Your bowels are inflamed.
- You have diverticulosis.

### Results *continued*:

- You have \_\_\_\_\_.
- We took a cell sample (called a biopsy) to send for testing.

### What to do

- You do not need to come back to see the specialist doctor who did this test. If we took a biopsy and the results are not normal, the doctor will call you.
- Call Dr. \_\_\_\_\_'s office to arrange for an appointment.  
604-688-6332 Extension \_\_\_\_\_
- Call Dr. \_\_\_\_\_'s office in \_\_\_\_\_ weeks to find out the results from the biopsy.
- Arrange to see Dr. \_\_\_\_\_ in \_\_\_\_\_ weeks.
- You need another test or an x-ray. Before you leave today, take the requisition to our Radiology Department. They will give you information about this test.

