



ENDOSCOPY CLINIC INFORMATION

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Instructions Following Colonoscopy With Removal Of Polyps

If you had sedation, you should not drive for 6 hours from the time of injection.

If you routinely take Aspirin/Coumadin on a daily basis, start again 3 days following the procedure.

You may experience abdominal cramps or pain if air had to be inserted during the procedure. This will diminish once activity resumes.

Resume a regular diet, but for 3 days avoid nuts, popcorn and spicy foods, which may irritate the raw area.

Avoid vigorous exercise for 2-3 days. Walking and light housework are fine.

A small amount of bleeding is normal. If you have severe bleeding, significant abdominal or shoulder tip pain, chills and fever, please go to the nearest emergency department with this paper.

Follow-Up Appointments

It is important to keep your follow-up appointment:

Your follow-up colonoscopy is due: _____, 200__ (Please call 3 months prior to schedule this appointment.)

Your follow-up sigmoidoscopy is due: _____, 200__ (Please call 2 months prior to schedule this appointment.)