



Post Colonoscopy Care Instructions

1. The patient may feel sleepy and drowsy as the anesthesia medication used during the procedure wears off. The medication will gradually wear off over the next 24 hours. During this time, your judgment and reflexes will be poorer. Even though you may feel awake and alert, we suggest that the patient not make important decisions during this time and remain off the job and refrain from driving until the day after the procedure.
2. Since air was introduced into the colon through the colonoscope during the procedure, the patient may experience a "gassy" feeling afterwards and some mild abdominal cramping. The patient will be able to expel the gas as they become more active and resume normal activities. The patient should not attempt to hold this air in. If you experience severe abdominal pain, excessive bloating or diarrhea, please contact our office at 970-668-5858 or go to your nearest emergency room.
3. The patient may experience a small amount of rectal bleeding following a colonoscopy. Do not be alarmed. Whether or not a polyp was removed or a biopsy was taken, a slight amount of blood may still be seen during the first 24-48 hours. If the bleeding becomes excessive please call our office at 970-668-5858 or go to your nearest emergency room.
4. Do not do any heavy lifting or strenuous activity for 48 hours. Avoid working in the squatting position during this time. Do not use any heavy or light machinery, such as lawnmowers or workshop tools and machinery (saw, drills, etc), for the remainder of the day after the colonoscopy. Absolutely no straining. You may go up and down stairs and carry on normal activities otherwise.
5. You may have a light meal following the colonoscopy and resume your regular diet the same day or following day. Drink plenty of fluids. You may be constipated day or so after the colonoscopy. If you tend to be constipated normally you should begin taking a stool softening agent immediately. **NO LAXATIVES.**

6. You may resume your regular medications, unless directed differently by your physician. No aspirin or products containing aspirin for the next 5 days.

*These recommendations are suggested for otherwise healthy patients without underlying health problems. Please call the office at 970-668-5858 if there are any concerns or questions.

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Colonoscopy Results

1. Sometimes polyps or biopsies are taken during a colonoscopy. These specimens are then sent to the lab to be analyzed. Results may take up to 1 week to come back to the office.
2. Results of specimens will be available in your patient portal within 24-48 hours of the office receiving them. For those patients who have elected not to participate in our patient portal, your results will be mailed to you within 2 weeks of your colonoscopy.
3. If any specimen is marked urgent by the pathologist, you will be contacted directly by the physician within 2-5 days after the colonoscopy. Please note that the physician may call you from a 'blocked' or 'unavailable' phone number.
4. Please note that, other than urgent situations as described above, neither the office nor the physician will call you directly with results from the colonoscopy. Your results will be available on our patient portal and/or will be sent to you in the U.S. Mail. After receipt of your results, you may contact the office at any time if you have questions regarding your results.
5. If you have questions regarding use of our patient portal, or if you have forgotten your access information, please contact the office and we will assist you.