

MBBS (Hons) Syd. MMED (Clin Epi) FRACS
Colorectal and General Surgeon - Provider No. 065326DK

Post Operative Instructions after Colonoscopy

These are general recommendations. Dr Pathma-Nathan may give you specific instructions as well.

General

- You will feel bloated and have some cramping pain.
- You will pass a lot of flatus (this is the air that is pumped into your bowel during the colonoscopy).
- You will feel tired and lethargic after the anaesthetic.

Activity

It is common to feel generally weak and tired after any operation. The body takes time to recover from both Anaesthetic and the surgery. It is important to rest adequately. There are no restrictions for return to full activities such as lifting and exercise.

Driving

Not permitted for 24 hours after discharge. Not permitted whilst taking any painkillers.

Return to work

If no other procedures are performed you may return to work after 24hrs.

Diet

- Start with fairly bland, soft diet.
- Drink plenty of fluids.
- Slowly increase solid food intake and resume your normal diet.
- Remember a well balanced diet will help with healing.

Medications

Continue to *take your usual medications* and any new medications given to you in the hospital.

When to contact your Doctor

- Fever greater than 38 degrees.
- Pain not controlled with painkillers.
- Unable to pass urine or open bowels.
- Persistent nausea or vomiting.
- Any persistent heavy bleeding.
- Any other unexpected problems.

Contact Details

Dr Pathma-Nathan's Rooms: 1300 784 504
Bronwyn Williams (Clinical Nurse): 0401 248 334
Or contact the hospital