

A colonoscopy is an examination of the colon during which a flexible tube with a tiny camera attached is inserted to inspect the anal canal, rectum, large bowel, and small bowel. A colonoscopy is often completed to investigate a change in intestinal symptoms such as abdominal pain, rectal bleeding, or a change in bowel habit, as well as for colorectal cancer or polyp surveillance. It is also used to investigate inflammatory bowel disease, diverticular disease and other colonic or rectal issues.

Expected Postoperative Effects:

- You may experience drowsiness, fatigue, or dizziness as a result of the sedation anesthetic, which is common.
- Abdominal cramping and wind pain for 1-2 days is normal following the procedure.
- Minor bleeding from the rectum is also common, particularly if a biopsy of the bowel has been taken or a polyp has been removed. If this bleeding persists for an extended period, or if it is a large volume, please contact the office.

Returning to work and activities:

- Most patients feel they are well enough to return to work 1-2 days after a routine colonoscopy. Often-times, however, colonoscopies are performed alongside other procedures. If this is the case, you should base your expectations on the procedural aspect with the longest period of recovery.
- You should avoid heavy lifting and strenuous activity for at least 24-48 hours.
- Do not drink alcohol, drive, operate heavy machinery, or sign legal documents for at least 24-48 hours.

Follow-Up Appointment:

You should call the office on 1300 008 883 to arrange a postoperative appointment with Dr Urquhart, if one has not already been made for you. For a colonoscopy this should be made within 4-8 weeks. If you have had biopsies taken at your colonoscopy, please ensure you make this appointment to receive these results.

Contact the rooms if you experience any of the following:

- Persistent and increasing abdominal pain or bloating
- Fever, chills, or high temperature
- Large volume of bleeding
- Difficulty passing urine or bowel movements
- Vomiting, persistent nausea
- Dizziness, Headaches

If you have any questions or concerns, please do not hesitate to contact the clinic on 1300 008 883. If you begin to feel unwell after hours, please contact the after-hours nurse at St Vincent's Hospital, or present to your nearest emergency department.