

AFTERCARE INSTRUCTIONS FOR COLON POLYPS BIOPSY

National Cheng Kung University Hospital

1. In the colonoscopy examination, air will be pumped in to make the examination easier. Thus it is normal for you to feel your abdomen bloated after the examination. If you feel uncomfortable, massage your abdomen to help the air out.
2. After the examination, you should avoid foods that tend to produce gas, such as beans, milk products and fermented bread.
3. If you are not sedated, you will be given a shot of analgesia before the examination starts to alleviate the abdominal discomfort you might experience. Some patients might feel dizzy and have problem of concentrating after the shot. Thus after the examination, you should be accompanied home to rest by a friend or a relative. You should not drive or operate machinery for the rest of the day.
4. Some patients will develop intestinal bleeding after polyp removal. If you are taking aspirin such as Tapal and Bokey, or non-steroidal anti-inflammatory drug such as Naproxen, or anti-coagulant such as Persantin, Coumadin and Panaldine, discuss with the prescribing doctor about the colonoscopy procedure you are going to take and discontinue the medication if necessary.
5. If you experience prolonged intestinal bleeding or develop dizziness after the examination, go to the hospital emergency.
6. If you feel significant abdominal bloating or severe abdominal pain after the examination, go to the hospital emergency.