



Post-Operative Education: What to expect after your procedure

Common symptoms you may experience after your procedure:

- Gas, belching and bloating; Walking or lying down on your left side with your knees flexed may relieve the discomfort
- Minimal rectal spotting
- Dizziness, lightheadedness, drowsiness or forgetfulness; this should resolve by the following day
- Slight fever; This is not uncommon but should not exceed 101 degrees Fahrenheit
- Sore throat; You may use throat lozenges or gargle salt water

Recommendations for the remainder of the day:

- **We encourage you to rest for the remainder of the day**
- **DO NOT** drive a car, operate any heavy equipment, machinery or power tools
- **DO NOT** perform any strenuous activity; this includes exercise, house work and yard work
- **DO NOT** drink any alcohol and use any substances that may make you drowsy, like cannabis, sleep aids, sedatives or even antihistamines, such as Benadryl
- **DO NOT** make any important decisions or sign any legal documents
- **RESUME** your medications; **DO NOT** make up any missed doses of medication by taking EXTRA doses
- **RESUME** a regular diet as tolerated
 - Begin with clear fluids and a light snack in recovery
 - After leaving the facility you may start with a light meal
 - We recommend small portions throughout the day to minimize bloating and discomfort

Post-polypectomy instructions (COLONOSCOPY ONLY)

During your procedure, your physician may identify small growths called polyps. If you have **large** polyps removed we may ask that you follow these guidelines:

- Avoid anti-inflammatory pain medications such as Advil, Aleve or Motrin for 14 days following the procedure; **You may continue daily, preventative aspirin use**
- We may recommend avoiding strenuous activity such as high intensity training for 7 days following the procedure; Light exercise such as walking, jogging and using an elliptical are safe
- We may recommend no airplane travel for 14 days following your procedure
- If you are on a blood thinner, such as Coumadin, Xarelto, or Eliquis, please be sure to follow your physician's directions regarding resuming this medication
- Your physician may have additional recommendations, which you will be notified of at the time of discharge

If you experience any of the following symptoms, call the office right away at 630-527-6450:

Vomiting of blood and /or "coffee ground" material	Severe Abdominal pain	Persistent Nausea or vomiting	Persistent coughing or spitting up blood
Rectal bleeding (greater than 1 tablespoon), Blood Clots, or continuous bleeding	Chills or fever over 101 degrees F	Persistent disorientation	Persistent redness, hardness, or tenderness at the IV site