


At home

- Do not drive, operate machinery, drink wine, beer or alcohol or make major decisions for 24 hours.
- Have a light diet for the rest of the day then return to your normal diet unless you have been given other instructions.
- You may feel full or have cramps from the gas. You will feel this come out the rest of the day. Move around to help gas come out.
- Do not have any laxatives or enemas for at least 2 days after the procedure.
- Do not do any heavy activities for the rest of the day. This means you should not do things such as lift grocery bags, vacuum or rake leaves. You can go back to work and your normal activities the next day.
- The doctor may or may not tell you the results after the procedure. Most people need to book an appointment with the doctor after the procedure.
- If you had a biopsy done or polyps taken out, you will need to make an appointment to see your doctor. The results can take up to 10 days.

At home, contact your doctor if you have any new or severe problems such as:

- increased bleeding or bleeding that does not stop
- increased abdominal pain
- fever

 Call your doctor's office on _____ or sooner if you need to.

Doctor's name: _____ Telephone: _____

Other instructions:

Your doctor may use these pictures to show you what he or she saw.

