

Patient Instructions after a Colonoscopy/ Sigmoidoscopy/ Anoscopy

1. Following sedation, your judgment, perception and coordination are considered impaired. Even though you may feel awake and alert, you are considered legally intoxicated. Therefore, for the rest of the day:
 - a. Do not drive.
 - b. Do not operate appliance or equipment that require reaction time (e.g. stove, electrical tools, machinery).
 - c. Do not sign legal documents or be involved in important decisions.
 - d. Do not smoke if alone.
 - e. Do not drink alcoholic beverages.
 - f. Go directly home and rest for several hours before resuming your routine activities.
 - g. It is highly recommended that a responsible adult stay with you for the next 24 hours.
 - h. Avoid heavy lifting or strenuous exercise.
 - i. Resume all medication(s) and take any prescribed medications that have been added to your medication list.
 - j. Your medication list is being sent home with you together with these instructions.
 - k. Resume your diet unless otherwise instructed by your doctor.
2. Tenderness, swelling or pain may occur at the IV site where you received sedation. If you experience this, apply warm soaks to the area. Notify your physician if this persists.
3. RECONCILIATION OF MEDICATIONS: Potential allergies from newly prescribed medications as well as current medications were reviewed and discussed with the patient/ surrogate prior to discharge.

PLEASE REPORT TO THE PHYSICIAN ANY OF THE FOLLOWING, OR FOR ANY LIFE THREATENING EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM

1. Severe and persistent abdominal pain/ bloating that does not subside within 2 to 3 hours.
2. Large amount of rectal bleeding (some minor blood streaking may occur, especially if a biopsy or polypectomy was done or if hemorrhoids are present)
3. Nausea and/ or vomiting
4. Fever, chills, within 24 hours after procedure (temperature over 101 degrees F)

IN ADDITION:

If a polyp has been removed, DO NOT take aspirin or aspirin-containing products (e.g. Anacin, Alka-Seltzer, Bufferin, etc) or arthritis medications (e.g. Aleve, Ibuprofen Naprosyn, etc.) for 10 days unless otherwise advised by your doctor. Tylenol (acetaminophen) is permitted. If you are on Coumadin or any "blood thinning" medications, please check with your doctor.

Your doctor recommends these additional instructions:

- **Return to my office in 2 weeks**
- **Imodium 1 tablet after each loose bowel movement.**

If you have any questions on the above instructions, please call David Wexler, MD work:
732-499-8000