

**POST-COLONOSCOPY INSTRUCTIONS**

Your colonoscopy was performed by: Dr. \_\_\_\_\_

**Important findings include:**

Normal Exam     Hemorrhoids     Diverticulosis     Polyps     Other \_\_\_\_\_

**Repeat Colonoscopy:** \_\_\_\_\_ **or Follow Up Appointment:** \_\_\_\_\_

1. After the procedure, you may experience increased gas, bloating or cramping. Mild abdominal pain lasting 1 – 2 hours is common. Severe pain is unusual and especially if accompanied by fever or vomiting; contact the doctor immediately. A small amount of rectal bleeding may occur particularly if a polyp has been removed. Contact the doctor promptly for continuous bleeding, passage of clots and feeling faint. Some patients may experience loose stools for several days. There may be some redness at the intravenous site where the sedative medication was given. It usually resolves in 1 – 2 days; warm compresses will help.
2. Progress to a regular diet gradually as tolerated. Resume all previous diets and medications unless instructed otherwise. No alcohol should be consumed within 24 hours of your procedure. Rest for the remainder of the day; do not drive, operate machinery, or make legal decisions until tomorrow.
3. If a polyp has been removed and you regularly take a blood thinning medication your post op nurse will advise you when you may restart them. Results will be available in 7 – 10 days. The office will mail the results to you when they are available. If you have not received a letter in 14 days, please call the office.
4. After center hours, on weekends or holidays please call the main office (703) 280-2841 to speak with the physician on call or nursing staff. Please feel free to call with any questions or concerns, (571) 255-8700 between the hours of 8am and 3pm Monday-Friday. If we are unable to answer the phone and you have a non-urgent concern please leave a message and we will return your call as soon as possible Monday – Friday, excluding holidays.

\_\_\_\_\_  
Nurse Signature and Date

\_\_\_\_\_  
Signature of Designated Responsible Person & Date

**ADDITIONAL INFORMATION**

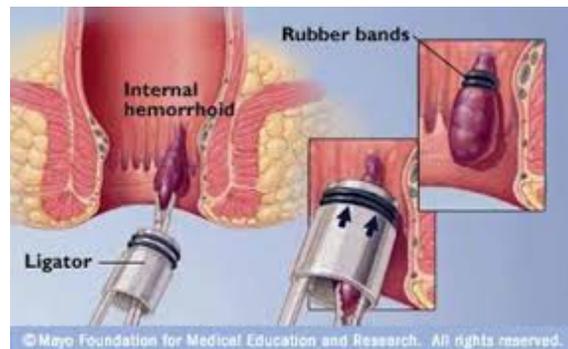
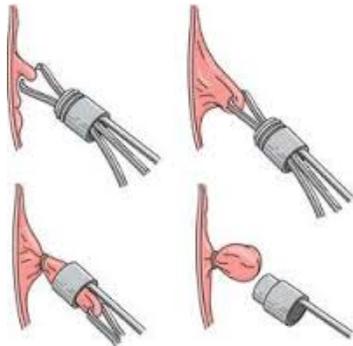
[www.fairfaxcolorectal.com](http://www.fairfaxcolorectal.com): for more procedure information and instructions.

[www.fascrs.org](http://www.fascrs.org)

[www.aca.org](http://www.aca.org)

### RUBBER BAND TREATMENT FOR HEMORRHOIDS

The method used to treat your hemorrhoid was the application of a small rubber band around the hemorrhoid. The elastic band will compress the tissue and a portion of the hemorrhoid will fall out. It will also help prevent tissue from sliding out after the area has healed.



You may feel a dull ache for 1-2 days following treatment. This feeling may be noted as soon as the rubber band is applied. The band may make you feel as if you need to have a bowel movement – this is completely normal. Try not to move your bowels for two hours after the banding and when you do go, avoid excessive straining.

For ache and discomfort, you can use Tylenol (1-2 tablets every 6 hours). Soaking in a warm bath for 15 to 20 minutes will usually relieve your discomfort.

**CALL THE OFFICE IF:** discomfort is severe and continues to worsen, you develop fever greater than 101, or you are having difficulty urinating.

**DIET:** No special diet is necessary. However, it is important to keep your bowel movements soft and regular. A fiber supplement should be taken twice a day. If necessary a stool softener can also be used.

**ACTIVITY:** We recommend avoiding heavy lifting the day of treatment. You may then continue your normal physical activities. You will be able to drive your car immediately after the treatment.

**PRECAUTIONS:** Minor bleeding can occur even after treatment as the hemorrhoid will ordinarily not drop off until a week after treatment. Severe bleeding is considered 3 to 4 bloody bowel movements within a period of several hours. If severe bleeding occurs, you should call the office **immediately**. If you take any blood thinners, discuss with your provider when they should be restarted.

**FOLLOW-UP TREATMENT:** It often takes multiple banding procedures to fully eradicate hemorrhoid symptoms. Follow up in 4-6 weeks, if you are directed by your provider, or if your symptoms fail to improve in that time.

Do not hesitate to call the office if you have questions or problems.