



## Instructions for after your colonoscopy test

Dear Patient,

Please rest after your test until the next morning. Medicine for your test may cause you to feel tired and forgetful for several hours. You should feel normal the next day and may continue with your usual activities.



### Driving

Do not drive or exercise for 24 hours after your test.



### Medications

If tissue, known as polyps, were removed, do not take aspirin or arthritis medicine for 2 days.



### Work

Do not sign documents or go back to work until the morning after your test.



### Bowel Movement

It is normal for your belly to feel bloated and to pass gas for a few hours after your test. It is normal to see a small amount of blood in your bowel movement (poop) for a few days.



### Meals

When you are ready, try drinking sips of water. When you can drink water without difficulty, you may eat some soft foods which are easy to chew and swallow.

Later, you may eat your usual foods, or the diet recommended by your doctor.

Do not drink alcohol for 24 hours after your test.



**Please call your Central Health Specialty Clinic at (512) 978-8130.**

- If you have questions
- Feel weak or dizzy
- Have a fever over 101.0 °F
- Have chills
- Have severe or worsening stomach pain
- Have black or tar-like bowel movement (poop)
- Have nausea or vomiting
- Notice blood clots or large amount of blood

*Your clinic team will call you soon after your doctor reviews your test results.  
Please keep your follow-up visit with your doctor.*