

# After Your Colonoscopy Test

After your colonoscopy, the medicine the doctor gave you may make you feel tired and forgetful for several hours. You will need to rest until the morning after your test. You should feel normal the next day and can go back to your usual activities.

Even if you feel better, there are a few things to remember for the first few days after your test to avoid accidentally hurting yourself.



## Work

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



## Medications

If any polyps were removed, do not take aspirin or arthritis medicine for two days after your test.



## Bowel movements

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



## Meals

When you are ready, try drinking sips of water. When you can drink water without difficulty, you may eat soft foods that 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.



## Driving

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

**Call your Central Health specialty clinic at 512.978.8130 if you have questions, or if you:**

- Feel weak or dizzy
- Have a fever higher than 101.0 °F
- Have chills
- Have severe or worsening stomach pain
- Have black or tar-like bowel movements (poop)
- Have nausea or vomiting
- Notice blood clots or a large amount of blood

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