

Going home after your colonoscopy

Information for children and teens who have had a colonoscopy and anaesthesia

When to eat and drink

- We will give you some water or juice to drink before you leave the hospital.
- At home, eat and drink what you normally do, unless your doctor gives you other instructions.

After receiving anaesthesia or sedation

- General anaesthesia** **Sedation**

The anaesthetic or sedation medication may make you feel sleepy. For the rest of the day, stay home from school or work and do not play sports.



For 24 hours after your colonoscopy:

- ask for help with a bath or shower if you feel drowsy or unsteady
- avoid all activities that require balance or coordination
- do not drive
- do not drink any alcohol

Discomfort in your stomach or belly

- You may feel pressure in your stomach or discomfort in your lower belly (abdomen, bowel). This is caused by the air that was put into your bowel during the colonoscopy. You may also feel sick to your stomach (nausea).
- These feelings will not last long. As you pass gas, the discomfort will gradually go away. Walking and moving helps you to pass gas. Have someone help you get up and walk as you may feel drowsy or unsteady.

Biopsy or removal of a growth (polyp)

Yes No

- If you had a biopsy or a growth removed from your bowel, you may notice some blood spots in your bowel movements for the next few days. This is normal.

Results

- If you had a biopsy or a growth (polyp) removed, it may take up to a few weeks to get the results. Make sure you have a follow-up appointment scheduled with the doctor to discuss your results.

When to call the doctor

If you have questions about **mild** symptoms (nausea, specks of blood on toilet paper or stool, **mild** abdominal discomfort), call the Pediatric Gastroenterologist on call.

To call the Pediatric Gastroenterologist on-call:



- Call 905-521-5030 and ask to speak with the Pediatric Gastroenterologist on-call.
- The on-call doctor will be paged and call you back. Please be patient as this may take several minutes.
- The on-call doctor may not be the same doctor that did your endoscopy.

Go to the nearest hospital emergency department if you have ANY of these problems:



- throwing up (vomiting)
- bleeding more than a spoonful, or you have had blood spots in your stool for more than 2 days
- severe pain in your stomach or lower belly (bowel), or your discomfort does not go away or gets worse
- chills or a fever - your temperature is higher than 38.5°C or 101.3°F

Special instructions:
