

# WHAT TO EXPECT AFTER YOUR SIGMOIDOSCOPY

## Dear Patient:

**Please follow these guidelines to ensure the best possible outcome after your procedure:**

- ❑ Resume medications when you start eating, unless otherwise instructed.
- ❑ Mild bloating is normal. Discomfort can be relieved by walking or lying on your stomach.
- ❑ If a polyp is removed, you must remain in this area or an area easily accessible to emergency health care for 14 days.
- ❑ If biopsies are taken you will be contacted with results within 1-2 weeks.
- ❑ You may have a small amount of blood on the toilet paper or in the stool after bowel movements. If you pass large amounts of blood or blood clots, call us at 970-669-5432 immediately, and at any time of day or night, or go to the nearest emergency department.
- ❑ You should call us at 970-669-5432 immediately, and at any time of day or night, if you have a fever or persistent abdominal, back or chest pains, shortness of breath, or any concerns.

## If you receive sedation:

- ❑ Do not drive, operate hazardous machinery, or make critical legal decisions for at least 12 hours.
- ❑ You should be in the presence of an adult for 4-6 hours after your procedure.

