

COLONOSCOPY
MR CICHOWITZ

It is recommended that you observe the following instructions:

1. For the next 24 hours, do not:
 - Drive a car or operate hazardous machinery
 - Make important personal or business decisions
 - Drink alcoholic beverages

2. DIET: begin with light food, then progress to your normal diet if you are not nauseated.

3. A common feeling following a colonoscopy is lethargy. We suggest you rest for 24 hours following discharge and encourage fluid intake to replace fluids lost in preparation for the procedure. It is recommended that a responsible adult stay with you for the first 24 hours.

4. It is common to have some discomfort in to your abdomen caused by the introduction of air into your bowel during the procedure. You will experience this as “wind pain” and should be relieved when you are able to pass it. If no pain relief medication has been prescribed, you may take Panadol or Panadeine and Nurofen.

5. Please report any of the following to your Surgeon
 - Temperature above 38°
 - Excessive pain
 - Excessive bleeding

6. Special instructions from your Surgeon.

Should you have any other concerns, Mr Cichowitz can be contacted on 5721 4366 or ring Wangaratta Private Hospital on 5723 0950