

Metroplex Colon & Rectal Specialist
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COLONOSCOPY

WHAT TO EXPECT AND WHAT TO DO FOLLOWING YOUR PROCEDURE

Colonoscopy is a very safe procedure and thousands of colonoscopies are done every year in the United States for rectal bleeding, abdominal pain, polyp surveillance, and also for colon cancer screening. The procedure takes anywhere from 30 minutes to one hour and is done under intravenous sedation. The patient is conscious during the operation, but he or she will receive intravenous sedation and will not remember the procedure after it is done.

Make sure you let your doctor know if you take aspirin, anti-inflammatory medications, or blood thinners. It is very important to stop taking your blood thinners 5-7 days before the colonoscopy. Also, it is important to let your doctor know if you have any heart or valvular disease, or if you are diabetic.

A colonoscopy is safe and complications are rare, but do occur. These include bleeding, perforation, and drug reaction. Bleeding usually occurs after a polyp is removed, but on rare occasions it happens without polypectomy (removal of polyp).

Perforation, or a hole in the bowel, is another complication that, when it occurs, usually occurs after polyps are removed. Most of the time it responds to antibiotics and non-surgical measures, but on rare occasions requires emergency surgery. If the doctor has performed a biopsy or polypectomy, you should NOT take aspirin or anti-inflammatory medications for at least seven days.

Patients who had only a colonoscopy may begin a regular diet. Those who required a biopsy or polypectomy should stay on clear liquids for 12 hours after the procedure then, if there is no bleeding or abdominal pain, a regular diet may be started. In the case of continued bleeding and/or abdominal pain, call the office.

CALL IMMEDIATELY at 1-855-273-2825 if:

- FEVER > 102
- INCREASING, SEVERE pain
- INABILITY TO URINATE
- PROFUSE BLEEDING