



A/PROF CHRISTOPHER LIM
MBBS, BSc (Med), MRCS, MS, FRACS
HEPATOBIILIARY, PANCREATIC,
UPPER GI & GENERAL SURGEON



AFTER YOUR COLONOSCOPY

POST-SEDATION INSTRUCTIONS

Sedation or anaesthesia can affect your judgment, coordination, and reflexes for up to 24 hours. For your safety, until at least tomorrow morning:

- Do NOT drive a car, bike, or other vehicles until tomorrow morning at the earliest.
- Do NOT operate machinery.
- Do NOT drink alcohol.
- Do NOT make critical decisions or sign legal documents.
- Do NOT participate in activities that require coordination or balance.

Ensure you have a responsible adult to accompany you home and care for you until tomorrow morning.

AFTER THE PROCEDURE

- Mild bloating or cramping is common and should settle as you pass wind. This is from air or carbon dioxide introduced during your examination.
- Light walking can help relieve trapped gas.
- If polyps were removed, you may notice a small amount of blood in your stool. **Heavy bleeding is not normal.**
- If you're unsure about when to start or resume any medications, please check with me.
- Unless otherwise advised, you can resume your normal diet today.

SEEK HELP IF YOU EXPERIENCE:

- Shortness of breath, chest pain, or persistent cough
- Severe or ongoing abdominal pain, swelling, or vomiting
- Shoulder tip pain
- Ongoing or heavy rectal bleeding, or black stools
- Sharp throat or chest pain
- Fever over 38°C
- Severe pain or irritation in the anal area
- Redness, swelling, or pain for more than 48 hours at the cannula site (usually hand or arm)
- Any other concerning symptoms related to your procedure

CONTACT US ON: (02) 6196 6776

IN AN EMERGENCY: Call 000 or go to your nearest Emergency Department