

Colonoscopy Same-Day Surgery Discharge Instructions

About Colonoscopy

During a colonoscopy, the doctor uses a flexible tube with a light at the end to look at the inside of the colon (large intestine). A biopsy (a small piece of tissue taken for study) is done and pictures may be taken.

Diet/Nausea

Follow guidelines as outlined in the patient education [handout about general anesthesia](#).

Additionally, you should not eat nuts, popcorn or sunflower seeds for one week after the colonoscopy. To help keep stools soft, drink plenty of juices and other liquids. Adding fruits, vegetables, whole grains and bran to the diet also can help keep the stools soft.

Care at Home

Nothing should be inserted into the rectum, including enemas or suppositories, for at least one week after the procedure, unless instructed by the doctor. Also, no rectal temperatures should be taken during that time.

You can return to school, daycare or work the day after the colonoscopy.

Pain/Comfort

There should be little or no pain after colonoscopy. However, you may have a small amount of blood in the stools (bowel movements) and some soreness with bowel movements.

You may use a pain relieving medicine such as Tylenol.

Contact Telehealth Nursing if any of the following conditions are present:

- Fever over 101.5 F
- Throat irritation
- Severe pain

[Make An Appointment 651-290-8707](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).