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What to Expect after your Colonoscopy

- After the procedure, you will stay in recovery until the sedation wears off enough for you to go home. You will probably feel a bit tired or groggy even then, so **you cannot drive yourself home**. **No Uber, Lyft or Public Transportation.** Your doctor will not release you unless there is someone there to bring you home. The effects of the sedation could last up to a day, so **you should not drive or operate any machinery until the following day**. You should take the day off from work.

- You may feel gassy or bloated for a while after the procedure because of the air/gas that was injected into your intestine during the colonoscopy.

- Following your procedure your first meal should be light. Try to avoid fatty, greasy or high fiber foods for your first meal. Drink lots of fluids to stay well hydrated
    - Good options include toast, eggs, pasta, cereal, lean proteins
    - Things to avoid: beans, fried foods, fatty protein like red meats
    - If you are feeling well you can then resume a regular diet in the evening, unless your doctor specifies a different diet for you

- No alcohol until the following day

- Get plenty of rest after your procedure and no exercise until the following day

- You might not have a bowel movement for a couple days after the procedure.

- The vast majority of people feel back to normal quickly and don't suffer any pain or serious discomfort during or after a colonoscopy – and the test could save your life!

General guidance only. Follow the discharge instructions provided on the day of your procedure.

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