



## Dr Mark Romero

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General and Colorectal Surgery

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### Post colonoscopy instructions

After your colonoscopy, you will be reviewed by me or one of my team members and discharged. This will usually be on the same day as the procedure. You may also have had haemorrhoids banded at the same time or skin tags removed. Below are some post-operative notes, please familiarise yourself with them.

#### Diet:

No special restrictions. Everything in moderation.

#### Pain relief:

The discomfort after colonoscopy is usually mild and related to gaseous distension of your colon. Most of the time this is minimal and passes when you pass some wind. You should be pain free when leaving the hospital. After banding you will feel some mild discomfort for two or three days or a feeling of "fullness" in your rectum. Panadol and Nurofen are sufficient for this.

#### Going home:

You have been given sedatives. **DO NOT** drive home on your own or operate heavy machinery on the same day.

#### Return to work:

You can return to work the next day.

#### Things you should tell your GP or me about:

- Severe pain or bloating that is getting worse, not better.
- Large amounts of bleeding (small amounts of "spotting" after haemorrhoid banding is normal).
- Nausea and vomiting and increasing bloating.
- Fevers and feeling unwell with increasing abdominal pain.

#### Follow up:

Your usual follow up with me will be around 2 to 3 weeks after the procedure or 6 weeks if you have had haemorrhoids banded. You will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment as we can discuss your results and further plans.

All the best,

A handwritten signature in black ink, appearing to read 'Mark Romero', with a small horizontal line underneath.

Dr Mark Romero