

Home Care After Lower GI Procedures

What to Expect

You may have:

- Bloating.
- Gas pain from air put into the colon. Pass gas to feel better.
- No bowel movement for 1-2 days.
- A small amount of rectal bleeding, like a streak of blood on the toilet tissue after a polypectomy, or if biopsies were taken.

When you have received sedation, you are at an increased risk of falling. Falls can cause serious injury. To **prevent** a fall:

- Ask for help.
- Get up slowly.
- Wear your eyeglasses.
- Be sure to use your cane, walker, etc.

At Home

- **Do not** drink alcohol, take tranquilizers or sleeping pills tonight.
- **Do not** drive today. A responsible adult must provide transportation post discharge. It is recommended that you are observed for at least 6 hours after discharge.
- **Do not** make any important decisions today.
- Rest today. **Do not** return to work or school. You may resume normal daily tasks the next day.
- You may resume your routine medicines unless you were told not to.
- You may resume your normal diet. Start out with a light diet to prevent nausea. Avoid spicy and greasy food as this may cause nausea.

Pain

You may have some soreness or redness at the IV site for a day or two. You can relieve pain by placing a warm, moist washcloth over the site. Please contact your doctor if this does not improve in a couple of days.

When to Call

- Chills
- Fever over 101° F
- Abdominal pain
- Large amount of rectal bleeding (greater than 1-2 tablespoons)
- Extreme abdominal bloating

Who to Call

UW Health Digestive Health Center
750 University Row
Madison, WI
(608) 890-5010
(855) 342-9900

University of Wisconsin Hospital & Clinics
GI Procedure Clinic
600 Highland Avenue
Madison, WI
(608) 263-8094
(800) 323-8942

Meriter Hospital Digestive Health Center
Lower Level
202 S. Park Street
Madison, WI
(608) 417-6389

After clinic hours, please leave your name and number with the area code. The doctor will call you back.

Toll-free number: **1-855-342-9900**.

