

Home Care After Lower GI Procedures

What to Expect

You may have bloating and gas pain because air was put into your colon. You will feel better when you pass gas.

When you have had 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 eye glasses
- Be sure to use your cane, walker, etc.

You may not have a bowel movement for 1-2 days.

You may have a small amount of rectal bleeding, such as a streak of blood on the toilet tissue after a polypectomy, or if you had biopsies taken.

At Home

- Do not drink alcohol, take tranquilizers or sleeping pills tonight.
- Do not drive today. **You must have a responsible adult take you home.**
- 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) 263-8097
(800) 323-8942

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

If after clinic hours leave your name and number with the area code. The doctor will call you back. The toll-free number is: **1-855-342-9900.**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4566.