

## 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 eye-glasses
- 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) 263-8097  
(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.

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 © 10/2022. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4566.