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COLONOSCOPY

Post-Operative Instructions

- You may feel bloated or have wind cramps after your colonoscopy up to one day after the procedure. Walking may help to relieve this. Passing excessive wind at this stage is normal.
- Report back to your doctor or go to hospital emergency if you experience any of the following:
 - Severe abdominal cramps
 - A firm bloated abdomen
 - Vomiting
 - Fever
 - Rectal bleeding, (Greater than a tablespoon). Small quantities of blood may appear in the first stool if you have had a Polyp removed.
- You may return to a normal diet.