

Recovery from Colonoscopy

After your colonoscopy, you'll be moved to a recovery room.

Because of the medicine, you may feel sleepy for the next 8-12 hours, and you may not remember what happened.

Even if you feel awake, your judgment and reflexes are slowed. You must have someone drive you home after the procedure.

Do not return to work, drive, operate machinery, drink alcohol, or sign legal documents until the next day.

Because air was pumped into your colon, you may feel bloated. You may also have mild cramps and gas. You will feel more comfortable if you expel this gas.

These minor side effects should go away within 24 hours. But if they don't or if they become more severe, call your healthcare provider.

Complications from a colonoscopy are rare. But it is important to recognize early signs of a problem. Contact your healthcare provider if you have severe stomach pain, fever and chills, rectal bleeding, or redness or pain at the IV site.

Your healthcare provider will talk with you about the results after the procedure.

If any tissue samples were taken, your provider will contact you to go over the results once they are available.

Your provider will give you instructions on how to care for yourself when you get home, including what medicines to take.

Don't overdo it. Start out eating lightly, and gradually increase the amount of food you eat.

Most people are fully recovered the next day.

A colonoscopy is a great tool for finding problems in the lower digestive tract early, so you can get treatment, if needed.