

**Dr Owen McKay**

M.B.B.S, F.R.A.C.P
Interventional Endoscopist & Gastroenterologist

Dr Phil Ha

M.B.B.S (Hons), F.R.A.C.P BMedSc (Hons)
Gastroenterologist & Hepatologist

Ph: 1300 000 180

Fax: (03) 8760 0014

Email: reception@fpgastro.com.au

Address: 5 Chesterville Road

Cheltenham, VIC 3192

Healthlink: drsmarks

Colonoscopy — Discharge Information for Patients

Following the procedure

- For 24 hours, don't drive, travel alone, operate machinery, do heavy work, drink alcohol, or sign legal documents — your reflexes and judgement are impaired.
- Have someone stay with you.
- Some wind and bloating is normal and settles within an hour or so; gentle walking helps.
- After polyp removal, minor bleeding can occur for a day or two — up to 2 weeks for a large polyp.
- You may feel drowsy and have minor bruising at the cannula site.
- Return to your normal diet the same day, building up gradually. Most people resume usual activities, including work, the next day.
- If you take a blood thinner, we'll advise when to restart it — call our rooms if you haven't heard.

Your results

- We'll explain the findings in recovery and give you a written report with photographs.
- A copy also goes to your GP.
- Our rooms will contact you to make a follow-up appointment within the next 2 weeks to go through your biopsy results. Alternatively, you can reach us on 1300 000 180 (5 Chesterville Road, Cheltenham).

Contact us if you develop

- Persistent or severe abdominal pain
- Heavy rectal bleeding, or passing large amounts of blood or clots
- Feeling dizzy, faint or lightheaded
- Chest pain or difficulty breathing
- Difficulty passing wind with a bloated, painful abdomen
- Fever, or persistent nausea or vomiting

Contacts

Rooms: 1300 000 180 (9am–5pm) | [LocationName]: [LocationPhone]

After hours: Dr Owen McKay 0409 995 083 | Dr Phil Ha 0433 462 904

If you are seriously unwell, call 000 or attend your nearest emergency department.