Endoscopy Patient Post Care FAQs

Please refer to and follow the discharge instructions that you were given when you left our facility. These questions may help as an addition to your own instructions.

Q: What can I do when I get home?
   A: We suggest you relax and take a nap since you have been sedated and may not have slept well last night.

Q: When can I eat?
   A: You may eat when you get home if you are not feeling sick to your stomach or bloated.

Q: What may I eat?
   A: We recommend you eat something light since you have not had food for over 12 hours, in some cases. Avoid fried foods, fatty foods and large quantities of food. Things such as: scrambled eggs, toast, a sandwich are good choices. You may eat more food once you have tried something light to make sure you don’t become sick to your stomach. You may eat foods with fiber after the procedure.

Q: When can I return to normal activities?
   A: Most patients feel they can return to their normal daily activities the day after their procedure.

Q: When can I shower or take a bath?
   A: You may shower or take a bath after you have had a nap, eaten something and feel steady on your feet.

Q: If I’ve had a colonoscopy, when is the next time I will have a bowel movement?
   A: You might have to go to the bathroom after you get home. This will typically be fluid only. It usually takes 1-2 days for a normal bowel movement to happen since your colon has been cleaned out.

Q: I’m having some abdominal cramping. Is that normal?
   A: It is normal to have some cramping or bloating since the doctor put air into your GI tract during the procedure.

Q: How do I get the cramping to go away?
   A: The best way to get rid of the cramping is by passing air or gas (farting) or burping. To help make this happen, sometimes laying down on your side or on your belly will help. Walking around (if you are steady on your feet) may also help.

Q: If I have questions after hours, on the weekends or on holidays, can I contact the physician?
   A: There is a physician on call 24 hours a day, 7 days a week available to answer any questions that can not wait until the next business day.

Call your doctor right away for:
- Severe or new onset abdominal pain that doesn’t improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red (more than a half of a cup)
- Fever greater than 101.5 F or chills
- Vomiting blood, black or coffee ground looking material
- Severe dizziness, fainting or chest pain