



Instructions Following a Colonoscopy with Removal of Polyps

If you routinely take Aspirin/Coumadin on a daily basis, start again **as directed** by your physician.

You may experience abdominal cramps or pain if air had to be inserted during the procedure. This will diminish once physical activity resumes. You may drink warm fluids to help release flatus (gas).

Avoid vigorous exercise for 2 -3 days. Walking and light housework is fine.

A small amount of bleeding is normal. If you have severe bleeding, significant abdominal or shoulder tip pain, chills, and/or fever, please go to York Central Hospital or nearest emergency department with this paper.

It is important that you keep your follow-up appointment if one was suggested by your physician.