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## Post Colonoscopy Instructions

You have just completed your colonoscopy. After you are discharged plan to go home to rest. Someone needs to drive you home because of the sedation used. Most patients are dehydrated and hungry. Please continue to drink plenty of fluids, and make sure it is not only water. Eat a light meal and eat slowly.

You may still have liquid stools for up to 2 days or you may not have one at all for 2 days.

If a biopsy was taken or if you had polyps removed, you should receive a call in 7-10 business days with the results.

If any polyps were removed, DO NOT take any aspirin, Ibuprofen or any blood thinners for one more week. Tylenol™ is OK.

We recommend a daily fiber supplement to all of our patients. This is not a medication; rather it is an over-the-counter supplement that everyone should take. Stay away from pill forms because they are expensive and contain other additives. We recommend, Benefiber™, Hydrocil™, or freshly ground Golden Flax seed mixed with a large glass of water or juice in the morning.

You should have another colonoscopy in \_\_\_\_\_ year(s).

We will attempt to contact you at appropriate intervals via U.S. mail for follow up reminders. If we are unable to contact you due to a change of address that we are not made aware of please know that the responsibility for following our recommendations rests with you. If you don't hear from us at the time your procedure is due, please contact our office to schedule an appointment. If you contact information should change, please contact our office so that we can update your records.

If you experience any severe abdominal pain, severe nausea and vomiting, rectal bleeding please call us.

### **In case of Emergency call 911**

We know you have a choice in your health care and very much appreciate your visit with us. Please let us know of any feedback that can make your experience better. Call our office at (763) 587 7752 or visit our website at [www.drisaac.net](http://www.drisaac.net) .