

DISCHARGE INSTRUCTIONS

following Gastroscopy / Colonoscopy / Injection of Haemorrhoids

Please note - Until the day following your procedure YOU MUST NOT:

- Drive a car or take public transport unaccompanied.
- Operate machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions.

Activity:

- You are advised to have someone with you for the next 4 hours, at least.
- You are encouraged to rest for the remainder of the day.

Diet:

- Unless otherwise instructed you may resume normal diet when you feel inclined to do so.
- If you have also had an injection of Haemorrhoids, ensure a high fibre diet is taken when you feel up to it. A fibre supplement may be added if necessary. Eg. Metamucil, Benefibre, Fybogel.
- Ensure adequate fluid intake over the next 24 hours to facilitate re-hydration.

Analgesia:

- Following Haemorrhoid injection you may experience some discomfort. A Paracetamol based medication should be sufficient to provide relief. An anti-inflammatory medication such as Ibuprofen may also be considered in addition, if you are able to take this.

On-going care:

- An appointment will be made for you prior to discharge if one is required.
- Following a Colonoscopy/Haemorrhoid injection some slight spotting of blood from the rectum may occur in the first 24 hrs. This is not abnormal and is not cause for alarm. However, if significant bright bleeding or severe pain does occur you should contact your doctor immediately via our rooms on **.9210 7277**