

What to expect after your colonoscopy/EGD:

Colonoscopy:

- During your procedure air will be inserted into the colon to see between the colonic folds. This gas is removed as much as able as the scope is removed, but you may have gas pains for a couple of days. Drink warm liquids, gentle massage of abdomen and lying/sitting in different positions to help evacuate the gas.
- If biopsies were taken, a mild inflammatory reaction could occur creating pain and sometimes a low grade fever. Stick to a liquid/soft food diet until this subsides and minimal activity. If you have worsening pain over 2-3 days, please notify our office, or come to urgent care at MMG or Emergency Room for weekend concerns.
- Rectal bleeding can occur after your procedure for up to 5 days; particularly if hemorrhoids were present or treated. A small amount of blood can look like a lot; DON'T BE ALARMED unless your toilet bowl is repetitively filled with blood multiple times per day, or you are getting dizzy/lightheaded.

Hemorrhoid Banding procedure:

- Rectal pain is also common after hemorrhoid banding procedure. Lidocaine ointment can be purchased over the counter at most Long's pharmacies and can be inserted in the rectum every 4 hours. May alternate with ice/heat for comfort as well as Tylenol or Advil/Aleve. If a stronger prescription is prescribed, you may also use this. Keep stools soft with Miralax, Colace or Dulcolax for 7-10 days after hemorrhoid banding. Recommend soaking in warm tub baths for 10-20 min off and on as needed for comfort. No strenuous activity or heavy lifting over 30# for 1 week after banding. Slight bleeding can occur for the first 3-5 days after your procedure and again when the hemorrhoids fall off after 7-10 days.

EGD (upper endoscopy):

- Sore throat is common for 1-3 days after procedure. May use throat lozenges like Cepacol, warm tea, soups, and other easy to swallow foods.
- Upper abdominal pain may occur if biopsies are taken, but is not common. Slight bloating in upper abdomen can occur for a few days.
- Ok to resume any acid reducing medications after you EGD until biopsy results are discussed at your follow up appointment.

Maui Medical Group

Surgery Department

Phone: 808.242.6464

Urgent care hours/ walk in only; no scheduled appointments:

Monday -- Friday 5:00pm - 8:00pm

Saturday -- Sunday 8:00am - 4:00pm