

Taipei Medical University Hospital

Post-Polypectomy Instructions (including Endoscopic Mucosal Resection)

- Please avoid eating high-fiber foods for 3 days.
- Please avoid anti-coagulant agents for 1 week.
- If you have severe bloody stool, accelerated heartbeat, abdominal pain, or a fever, you should come immediately to our hospital's emergency department for further medical diagnosis and treatment.
- Please avoid partaking in strenuous exercises, hiking, and carrying heavy things, including holding a baby/child, for 1 week.
- If you receive a chromoendoscopy check and has blue stool after two days, the situation is stable and normal and you should not worry.
- Please avoid travelling abroad post-polypectomy within the first week, especially in order to prevent surgical complications.

Contact Information

Telephone Number : +886 2 2737-2181ext.8624

Or visit emergency (outpatient) department directly

Producing unit/Date: Intergrated Medical Examination Center / February 2, 2026

PFS-0220-004

本單僅供參考，實際治療以醫師診治為主



以病家為尊、以同仁為重、以北醫為榮