

# Taipei Medical University Hospital

## Post-Colonoscopy Instructions

- If you have already finished your exam today, and the endoscopic report has been uploaded in our hospital's database, please make an appointment at the cashier counter to view and discuss the report in the outpatient clinic.
- If you only had a colonoscopy, please go to the outpatient clinic to view your report.
- If you had an endoscopic biopsy, the pathological test report will need 5 working days to be ready. You should follow a soft diet for 3 days and avoid high-fiber food, food that is too hot and irritating food.
- Due to the blue dye spray from the chromoendoscopy, you may have blue stool after two days; Please do not worry, as this condition is normal.
- If you have an endoscopic polypectomy, please follow the post-polypectomy health education instructions.
- Special exam:
- You may start eating after a colonoscopy procedure if there is no presence of dizziness, bloating or nausea.
- If you were fasting before the exam, please consult with your physician whether you can start eating or not after accepting the colonoscopy exam.
- If you feel bloated, please avoid taking foods containing beans and milk. By partaking in mild exercise (eg. walking), or applying ointments may be helpful for relieving bloating.
- If you have severe bloody stool (minimal bleeding is generally regarded as normal after an endoscopic biopsy/polypectomy), accelerated heartbeat, abdominal pain, or a fever, the patient should come immediately to our hospital's emergency department for further medical diagnosis and treatment.
- For those patients who received a painless colonoscopy through sedation, they will be transferred to the recovery room afterwards. The patient will stay under monitoring in the recovery room until stable.

### Contact Information

- Telephone Number : +886 2 2737-2181ext.8624
- Or visit emergency (outpatient) department directly
- PFS-0220-005

本單僅供參考，實際治療以醫師診治為主

