

Colonoscopy and Piles Ligation - Discharge Advice

After The Procedure

You are advised to stay home and rest after the procedure. You may experience temporary effects of sedation. These should wear off after 1 day.

- You may feel dizzy, tired, nauseous and may even vomit or experience slight amnesia (unable to remember events that occurred during the procedure).
- There is a short period of time where your judgement and reactions may be affected. It is important that you:
 - Have someone accompany you home after the procedure
 - Do not drive or operate any machinery.
 - Do not take sleeping tablets and / or alcohol for the next 24 hours.
 - Do not sign any legal document or make important decisions.

Post Colonoscopy

- You may feel bloated and experience abdominal cramps. These symptoms usually wear off after 1 day.
- You may experience minor incontinence or loose stools for 1 to 2 days as a result of the bowel preparation before the procedure. A soft diet is recommended after the scope. If well-tolerated, you can resume a normal diet.

Post Piles Ligation

- You may experience slight rectal bleeding (less than a tablespoon). The bleeding should stop within 1 to 2 days.
- You may experience discomfort at the anal region and feel the need to pass motion. These usually wear off after 2 to 3 days. Do not strain while passing motion.

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Dietary Advice

A soft diet is recommended after the procedure. If it is well-tolerated, you can then resume your normal diet. However, it is advisable to avoid greasy or spicy food for a day.

For Piles Ligation

- A high fibre diet is recommended.
- Do not take any medication that contains Aspirin / Warfarin.

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When Should I Seek Medical Help?

Should you experience any of the following symptoms, please visit our 24-HR Urgent Care Centre (UCC).

- Difficulty in breathing.
- Excessive bleeding or passing of black stools.
- Severe abdominal pain.
- Severe bloatedness.
- Severe chest pain.
- Severe vomiting or nausea.
- Swollen and inflamed injection site.

- Increased pain or bleeding, difficulty urinating, and flu-like symptoms (for Piles Ligation).

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Contact Us

24-HR Urgent Care Centre

Location:

Block 6, Level 1

Operating Hour:

24 hours, 7 days a week

