

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.

Dietary Advice

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

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).

Contact Us

24-HR Urgent Care Centre

Location: Zone A, Level 1, A01-05

Operating Hour: 24 hours, 7 days a week

Alexandra Hospital

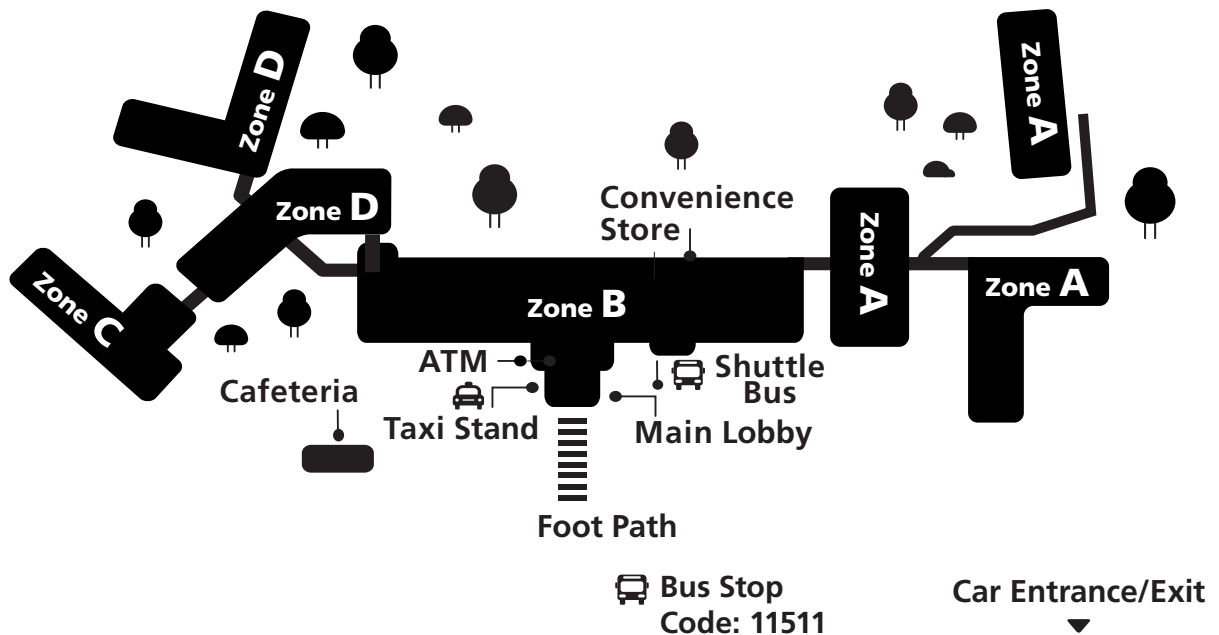
378 Alexandra Road, Singapore 159964

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.ah.com.sg



<https://for.sg/9ce2eu>

Scan the QR code to find directions and locate our facilities!

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

© 2023, Alexandra Hospital All rights reserved. No part of this publication may be reproduced or shared without prior permission from Alexandra Hospital.

Information is correct at time of printing Apr 2023 and subject to revision without prior notice.