

After Your Colonoscopy Appointment

After your colonoscopy, it's important to take care of yourself.

Here's what to do:

- **Rest:** You might feel sleepy or dizzy. Rest for the day. Avoid work or heavy activities.
- **Diet:** Start with light foods like soup or toast. If you feel okay, you can eat normally.
- **Hydration:** Drink plenty of water to stay hydrated.

Watch for these signs and call your doctor if they happen:

- Severe belly pain.
- Heavy bleeding from your rectum.
- Fever or chills.

What not to do:

- Don't drive for the rest of the day.
- Avoid alcohol for 24 hours.
- Don't make important decisions or sign legal documents until the next day.

These steps help ensure a safe recovery. Listen to your body and contact your healthcare provider with any concerns.