

After your Child's Colonoscopy, with or without Upper Endoscopy

Today, the gastroenterologist has explained to you what we saw during your child's colonoscopy. Your child may have also had an upper endoscopy. We obtained tissue samples, called a biopsy, and sent them to a pathologist to examine.



SIGNS AND SYMPTOMS

After a colonoscopy, it is normal for your child to have:

- Some cramping, gas, or a "full" feeling for the next 48 hours.
- A small amount of blood when they use the washroom, either in the toilet or on the tissue.
- No solid bowel movements for the next 24 hours, as the colon was emptied during preparation.
- Drowsiness for the next 24 hours as the anesthetic wears off.

If your child also had an upper endoscopy, it is normal for them to have:

- A sore throat, slight hoarseness, tickling in the throat, or dry cough for the next 24 to 48 hours.



Take your child to the nearest Emergency Department if they have:

- A fever (temperature at or above 38.3°C or 101°F)
- Chest pain
- Shortness of breath
- Vomiting (throwing up), with or without blood
- **Severe** abdominal (stomach area) pain, cramping, and/or bloating
- **Excessive** bleeding from the rectum
- Difficulty swallowing



For teenage patients who drive:

You will not be able to drive yourself home. Please have a responsible adult bring you home.



MEDICINES

- Follow the gastroenterologist's instructions regarding any medicines for your child.



APPOINTMENTS

Please see Dr. _____ for a follow-up appointment on: DD / MMM / YYYY



RESULTS

- The biopsy results may take 1 to 2 weeks. Your gastroenterologist will discuss the results with you at the follow-up visit. You can also register your child for My Humber Health (HRH's patient portal) at <https://myhumberhealth.ca>, to view a copy of any test results and reports.



TALK WITH ME (ABOUT MY CARE)

ACTIVITY:

- Your child will be drowsy and may feel dizzy for the next 24 hours, while the anesthetic is wearing off.
- Let your child rest for the remainder of the day. They may resume their normal activities the following day.

DIET:

- **If your child had an upper endoscopy**, do not let your child eat or drink hot liquids for the first 2 hours after the procedure.
- Your child may resume their usual diet after the procedure as they feel able.
 - » Start with soft, easy to digest foods.
 - » Avoid heavy, greasy, or spicy foods.
 - » Avoid foods that may cause bloating or gas such as onions, garlic, chocolate, broccoli, cauliflower, cabbage, and dairy products.

DRIVING:

- For teenage patients who drive, DO NOT operate a motor vehicle for the next 24 hours, while the anesthetic is wearing off.

SPECIAL INSTRUCTIONS:

Please contact Dr. _____ if you have any other questions.