

Rectal Endoscopy Discharge Instructions

You may go back to your normal diet and activities unless your doctor gives you other instructions. If a biopsy or polyp was removed during the test, you may see a small amount of blood in your bowel movements; this bleeding should stop within a day or so. It is normal for patients to be very flatulent (pass a lot of gas) and have gas pains after the test. Walking and moving around may help to ease any mild pain.

Call your health care provider if you experience any of the following:

- Fever or chills
- Bleeding from the rectum that lasts longer than a day
- Belly pain or swelling
- Inability to pass gas

Your health care provider may give you other instructions related to your specific situation.