Post Polypectomy Instructions

During the course of your colonoscopy, colonic polyps were found and removed. These polyps will be sent to a pathologist for evaluation to exclude cancer. Because polyps were found and removed, we would ask that you carefully observe your stools for large amounts of blood. While no one knows for certain what causes bleeding following polypectomy, our experience has shown that straining, lifting, vigorous exercise, or prolonged driving (over one hour at a time) may be associated with an increased risk of bleeding. Certain medications can also cause you to bleed. We would, therefore, ask that you:

- **Not do any heavy lifting, straining, vigorous exercise or prolonged driving (over one hour at a time) for at least the week.**
- **Do not take Aleve, Ibuprofen, or similar products as these drugs are also associated with an increased likelihood of post-polypectomy bleeding.**

If you experience any of the following symptoms after your procedure, please call the physician who performed your procedure or the physician on call.

- **A large amount of blood in your stool.**
- **Significant abdominal pain other than gas pains.**
- **A high fever.**
- **Abdominal distention.**

There is a physician on call 24 hours/day who can be reached by calling:

515 288-6097

Your doctor's nurse will contact you to review the results of your biopsy. If you have not heard., please call 515 288-6097 or you may contact them using the patient Portal.