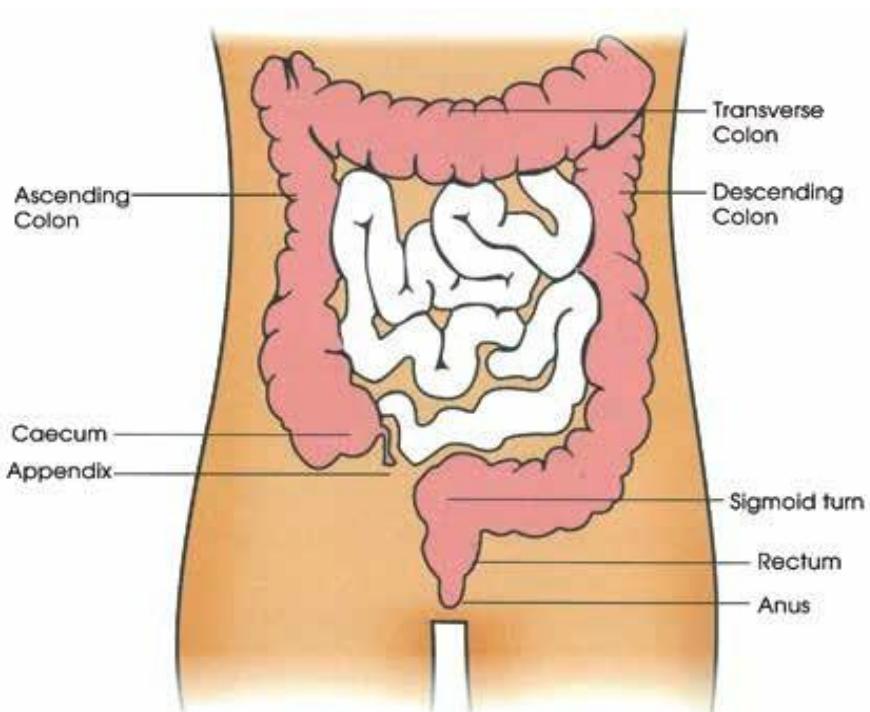


Colonoscopy and Piles Ligation Discharge Advice

Information for Patient and Family



After the Procedure

You are advised to remain at home and rest. Due to the temporary effects of sedation, you may experience the following symptoms, which typically resolve within one day.

- You may feel dizzy, tired, nauseous and may even vomit or experience slight amnesia (unable to remember events that occurred during the procedure).
- Your judgement and reactions may be affected. For your safety and wellbeing, please keep the following in mind:
 - Arrange for a family member or friend to accompany you home after the procedure.
 - Do not drive or operate any machinery.
 - Do not take sleeping tablets and consume alcohol for the next 24 hours.
 - Avoid making commitments that may have significant consequences, such as signing any legal document or making 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 a few days due to the bowel preparation used before the procedure.
- Colonoscopy clips may be used to prevent bleeding. If these clips were inserted during your procedure, they will remain in place for several weeks before falling off and being passed out of your body.

Post Piles Ligation

- You may have slight rectal bleeding. This is typically very minimal (less than a tablespoon) and should stop within 1 to 2 days.
- You may also experience discomfort at the anal region and the urge to pass motion. This usually wears off after 2 to 3 days. Do not strain during your bowel movement.

Dietary Advice

A soft diet is recommended after the procedure. Please avoid greasy or spicy food for 1 day. You may gradually return to your normal diet as you feel comfortable.

For Piles Ligation

- Eat more high-fibre food such as vegetables, fruits and whole grains.
- Do not take any anticoagulation medications, such as Aspirin or Warfarin. Please seek and follow your doctor's advice if you are taking these medications.

When To Seek Medical Help

Go to the Emergency Department immediately if you experience any of these symptoms:

- Breathing difficulty
- Excessive bleeding or passing of black stools
- Severe abdominal pain
- Severe bloating
- Severe chest pain
- Vomiting or feeling nauseous
- Injection site is swollen and inflamed
- Increased pain or bleeding, having difficulty in urinating and Upper Respiratory Tract Infection (URTI) symptoms (for Piles Ligation)

Notes:

About Colorectal Centre

The Division of Colorectal Surgery, under NUH Department of Surgery, offers comprehensive and personalised care for a wide range of colorectal conditions. From screening to tailored treatment, our multidisciplinary team is dedicated to providing incredible care and support throughout your surgical journey.

| | |
|---------------|--|
| Location | NUH Medical Centre, Zone B, Level 16b |
| Opening Hours | 8.30am to 5.30pm (Mon to Fri), Closed (Sat, Sun & PH) |
| Contact | (65) 6772 2230 / (65) 9829 7313 (For WhatsApp text messages only) |
| Email | colorectal@nuhs.edu.sg |

For more information, visit www.for.sg/nuh-colorectalsurgery or scan the QR code below.



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OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuh.com.sg

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.

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Information is correct at time of printing Dec 2025 and subject to revision without prior notice.