



Colonoscopy Aftercare Checklist

Use this checklist during the **first 24–48 hours** after your colonoscopy. Always follow your doctor's specific instructions if they differ from the recommendations below.

01 Immediately After Your Procedure

- ☐ I have a responsible adult available to drive me home.
- ☐ I plan to rest for the remainder of the day.
- ☐ I understand that I should not drive, operate machinery, or make important decisions for at least 24 hours after sedation.
- ☐ I have reviewed any special instructions provided by my doctor.

02 Hydration Checklist

- ☐ I drank a glass of water after returning home.
- ☐ I am drinking fluids regularly throughout the day.
- ☐ I have consumed electrolyte drinks, broth, tea, or other approved fluids if needed.
- ☐ I am avoiding alcohol for at least 24 hours.

Goal: Drink plenty of fluids to replace what was lost during bowel preparation.

03 Eating Checklist

- ☐ I started with light, easy-to-digest foods.
- ☐ I ate small portions rather than a large meal.
- ☐ I chose foods such as:

- ☐ Soup or broth
- ☐ Scrambled eggs
- ☐ Yogurt

- ☐ Toast or crackers
- ☐ Rice or mashed potatoes
- ☐ Bananas or applesauce

- ☐ I avoided heavy, greasy, spicy, or fried foods during my first day of recovery.



04

Activity Checklist

- ☐ I rested when I felt tired.
- ☐ I took short walks around the house to help relieve gas and bloating.
- ☐ I avoided strenuous exercise and heavy lifting for at least 24 hours.
- ☐ I postponed returning to physically demanding activities until I felt fully recovered.



05

Comfort & Recovery Checklist

- ☐ I understand that mild bloating, cramping, or gas can be normal after a colonoscopy.
- ☐ I used walking, changing positions, or warm beverages to help relieve gas discomfort.
- ☐ I monitored for any bleeding if a biopsy or polyp removal was performed.



06

Medication Checklist

- ☐ I restarted my regular medications only as directed by my physician.
- ☐ I reviewed any instructions regarding blood thinners, aspirin, or anti-inflammatory medications.
- ☐ I contacted my doctor's office if I had questions about medication timing.



Call Your Doctor Immediately If You Experience:

- | | |
|---|---|
| ☐ Severe or worsening abdominal pain | ☐ Heavy rectal bleeding or large blood clots |
| ☐ Fever or chills | ☐ Persistent vomiting |
| ☐ Inability to drink fluids | ☐ Severe dizziness or fainting |
| ☐ Significant abdominal swelling | |



Recovery Reminder

Most patients feel back to normal within 24 hours. Continue following your physician's instructions and contact your healthcare provider if anything feels unusual or concerning.