

Dr. Pavi S. Kundhal MD MBA FRCSC
General and Laparoscopic Surgery
905-792-6223

Instructions after a Colonoscopy

1. Do not drive, operate machinery, make critical decisions or do activities that require coordination or balance today.
2. Diet: Start with sips of water and increase as tolerated. Eat soft light foods such as soups, jello, pudding, etc. and increase as able. You should not have fresh fruits or vegetables the day of your procedure and avoid hot, spicy, high fat foods the day of your procedure.
3. Activity should be minimal for today, with no lifting or straining.
4. Because air was put into your colon during the procedure, expelling large amounts of air from your rectum is normal.
5. You may not have a bowel movement for 1-3 days because of the colonoscopy prep. This is normal.
6. Notify Dr. Kundhal's office if you notice any of the following. If you cannot reach him either contact your family doctor or go to the closest Emergency Room:
 - Chills and/or fever over 38C
 - Increased abdominal distention or bloating
 - Severe abdominal pain, other than gas cramps
 - Severe chest pain
 - Black, tarry stools
 - Any bleeding - exceeding one tablespoon
7. You may resume your blood thinner as instructed by Dr. Kundhal.

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Instructions after a Gastroscopy

1. Do not eat for 1 hour after your procedure. You may cause yourself to choke. Try sips of water first, progressing to soups, jello, puddings, etc. increasing to a regular diet as you are able.
2. Do not drive, operate machinery, make critical decisions or do activities that require coordination or balance for today.
3. You may experience a sore throat for 24 to 48 hours. You may use throat lozenges or gargle with warm salt water to relieve the discomfort
4. Because air was put into your stomach during the procedure, you may experience some belching.
5. Notify your physician immediately if you notice any of the following:
 - Chills and/or fever over 101
 - Sudden rapid pulse
 - Increasing shortness or breath
 - Difficulty or painful swallowing
 - Persistent vomiting or vomiting with blood
 - Severe abdominal pain, other than gas cramps
 - Severe chest pain
 - Black, tarry stools
6. You may resume your blood thinner as instructed by Dr. Kundhal.