



W I N N E T T
s p e c i a l i s t g r o u p

**GASTROSCOPY/COLONOSCOPY/
BANDING OF HAEMORRHOIDS
DISCHARGE INSTRUCTIONS**

MR J WINNETT

Diet

Unless otherwise instructed you may resume a normal diet when you feel inclined to do so. Ensure adequate fluid intake over the next 24 hours to facilitate re-hydration.

Activity

You are advised to have someone with you 4 hours post-op. You are encouraged to rest for the remainder of the day.

Medications

Following hemorrhoid banding you may experience some discomfort. A paracetamol based medication should provide sufficient relief.

An anti-inflammatory medication such as Ibuprofen may also be considered, if you are able to take this.

Follow-up care

Following a colonoscopy some slight spotting of blood from the rectum may occur in the first 72 hours.

This is not abnormal and not cause for alarm however if significant bright bleeding or severe pain does occur you should contact Mr Winnett's rooms. Your follow-up appointments will have been made prior to your procedure date.

If you are unsure of these dates please contact Mr Jason Winnett's Rooms on 9417 1555 to confirm them. If you have any concerns regarding your surgery you are able to contact the rooms at any time during office hours 9am - 5pm, Monday to Friday.

After hours contact

Call 9417 1555 and a recorded message will give you details of how to contact the surgeon on call, who will assist you with your concerns.

If you are unable to contact the surgeon on call, go to the Emergency Department of Western Private Hospital. There will be an out-of-pocket cost for this visit.

