

Digestive Center

320 Sunnyview Lane | Kalispell, MT 59901 | (406) 752-7441 | Fax: (406) 751-8273

Colonoscopy & Esophagogastroduodenoscopy (EGD) frequently asked questions:

1. Can I expect any pain or discomfort after the procedure?

After a colonoscopy:

- It is normal to have mild abdominal pain, discomfort and/or bloating after your procedure
 - This is because air is pumped into your colon during the procedure to help the doctor see better.
- You may notice that you pass gas more frequently during the hours after your procedure.
 - Walking can help pass the gas and ease your discomfort.
- If your pain persists after a day or you have severe abdominal pain, contact your care team.

After an esophagogastroduodenoscopy:

- It is normal to have bloating and gas, a sore throat or mild chest discomfort after your procedure

2. How do I treat any pain or discomfort at home?

- Expel gas as needed
- Walking around and moving can help the gas reabsorb or expel easier
- You may find relief by taking an over-the-counter medication to help with gas such as Simethicone or Gas-X
- Eat soft foods, start with small amounts to see how your body tolerates it
- Make sure you are hydrated
- Peppermint tea can help ease bloating and stomach discomfort
- May take 1,000 mg (2-500 mg tablets) Tylenol as needed for pain as per the directions on the packaging. Do **not** exceed 4 grams (4,000 mg) per day.

logan.org

3. What do I do if I experience nausea?

- If you know you struggle with nausea after anesthesia or IV sedation, let staff know before your procedure so they can give you medication to help limit post-procedure nausea
- Start with soft, bland foods after your procedure
- Avoid greasy, fried foods and eat small, frequent meals until your nausea has resolved

