

大腸鏡檢查後照護

有底線的文字是可點擊的連結，點選即可開啟。

本資料僅供一般參考；請以您的個別離院指示為準。

恢復及回家安排

大腸鏡後短暫腹脹或排氣增加並不少見。如曾取樣或切除瘰肉，請遵從額外的飲食、藥物及活動指示。

在恢復區休息，直至醫護人員確認可離開。請遵從書面離院指示，包括飲食、藥物及活動安排。如接受鎮靜，請由預先安排的陪同者接送，並遵從醫護人員提供的限制。

如曾接受鎮靜

請由一位負責任的成年人陪同離開，並遵從醫療團隊提供的照顧安排。在離院指示指定的期間內，請勿駕駛、飲酒、操作機器或作重要決定。

結果及跟進

檢查後的跟進由吳昊醫生負責。醫療團隊會在您適合聽取說明時講解所見；組織或瘰肉化驗結果可能仍待完成。離開前請確認如何及何時取得結果、是否需要覆診，以及如未按安排收到消息應聯絡誰。

何時需要求醫

如出現大量或持續出血、劇烈或加重腹痛、發燒、呼吸困難或暈厥，請立即求醫。切除瘰肉後的出血亦可能於回家後出現。

如症狀嚴重，請前往急症室或在香港致電999，切勿等候 WhatsApp 或 WeChat 回覆。如有非緊急的恢復或結果問題，請使用離院資料上的聯絡方式或以下診所聯絡方法向護士查詢。

WhatsApp

[+852 9631 7065](tel:+85296317065)

電話

[+852 2120 6186](tel:+85221206186)

電郵

nurse@paulng.clinic

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paulng.clinic/colonoscopy/

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After your colonoscopy

Underlined links are clickable. Tap or click to open.

General information only. Your individual discharge instructions take priority.

Recovery and going home

Temporary bloating or extra wind is common after colonoscopy. If a biopsy or polyp removal was performed, follow any additional instructions on diet, medicines and activity.

Rest in the recovery area until the team considers you ready to leave. Follow the written discharge advice on food, drink, medicines and activity. After sedation, leave with your arranged escort and follow the restrictions given by the team.

If you received sedation

Leave with a responsible adult and follow the care arrangements given by your team. Do not drive, drink alcohol, operate machinery or make important decisions for the period specified in your discharge instructions.

Results and follow-up

Dr Paul Ng is responsible for your follow-up. The team will explain the findings when you are ready; biopsy or polyp laboratory results may still be pending. Before leaving, confirm how and when to obtain your results, whether a follow-up appointment is needed and whom to contact if you have not heard back as arranged.

When to seek help

Seek urgent medical care for heavy or persistent bleeding, severe or worsening abdominal pain, fever, breathing difficulty or fainting. Bleeding after polyp removal can also occur after you have gone home.

For severe symptoms, go to an emergency department or call 999 in Hong Kong. Do not wait for a WhatsApp or WeChat reply. For non-urgent recovery or results questions, contact the nurses using your discharge contact details or the clinic contacts below.

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Email

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