

Gastroscopy / colonoscopy

Useful guidelines for your child's recovery at home

Diet and fluids

- After beginning with a light diet following the anaesthetic, your child's intake should return to normal
- Any dietary modifications will be explained by your gastroenterologist

Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids.

Activity

Your child may resume their normal daily activities the day after surgery, e.g. kindergarten or school etc.

Bleeding

A small amount of blood might be seen in your child's saliva or bowel actions, particularly if a polyp was removed.

Abdominal discomfort

Your child may experience some abdominal bloating or discomfort initially. This will soon pass.

Sore throat

Your child may experience a sore throat for a day or two. This will usually get better without any treatment.

Medications

- You can give your child paracetamol for one to two days if needed (ensure you follow correct dosage instructions for your child's age)
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period
- If your gastroenterologist has prescribed any other medications, administer as directed

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- Excessive, persistent or increasing bleeding
- Severe abdominal pain or bloating
- Persistent vomiting
- A persistent temperature of 38.5°C or higher
- A teaspoonful or more of fresh bright blood in their saliva and or bowel actions

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.

Cabrini Malvern Paediatric Ward
183 Wattletree Road, Malvern VIC 3144
03 9508 1378

Cabrini Brighton Paediatric Ward
243 New Street, Brighton VIC 3186
03 9508 5888

