

Advice after Flexible sigmoidoscopy or Colonoscopy

Advice after Colonoscopy/flexible sigmoidoscopy

If you have had biopsies or polypectomy

Results can take up to 21 days. The results will go to the endoscopist who performed the test. Please do not contact the endoscopy unit they will not have your results. The endoscopist will write a letter to you and your G.P with the results once they are available. You may have an outpatient appointment to discuss any results. You will have been offered a copy of the endoscopy report. Alternatively if you have not heard about the biopsy result by 28 days, please contact the secretary to the endoscopist (named on the report).

Time of sedation:

If you have sedation

- Rest for the remainder of the day
- You must have a responsible adult with you for 24 hours
- Return to your normal diet unless instructed otherwise

Things you MUST NOT do for 24 hours

- Drive ANY motorised vehicle (**This is a legal requirement**)
- Operate machinery
- Drink alcohol (**can react with sedative medication**)
- Sign ANY legal documents or make important decisions
- Take sleeping tablets (**can react with sedative medication**)
- Go to work
- Look after young children

After effects

Most examinations are carried out without any problems. You may have slight bleeding from your bottom and a sore back passage. A dye that may have been used can turn your urine green these symptoms are not uncommon. On rare occasions the endoscopy may cause damage to the lining of the bowel. This may cause bleeding and rarely perforation (tear in the gut wall). Complications can show up to 14 days after an endoscopy (late complication)

- If you are taking warfarin or other blood thinning medication and you were asked to stop for your procedure, please follow the instructions given to you by the endoscopy staff when you were discharged.
- If you are taking the oral contraceptive pill you must take additional precautions until your next period.
- You must not fly for 14 days if you have had a polyp removed from your bowel

If you experience any of the following up to 14 days after your colonoscopy/flexible sigmoidoscopy

- pain in your abdomen, particularly if it becomes gradually worse or different and more intense to any 'usual' pains you may have
- Fever
- Passing a lot of blood from your bottom
- Unable to pass urine
- Pain around the eyes or disturbed vision (if Buscopan was used)

If you think your symptoms are related to having had an endoscopy please contact the endoscopy unit during working hours. If it is urgent out of hours contact the critical care outreach team (see below). Show a copy of the report to a health professional if they ask to see you.

Contact numbers:

Endoscopy unit: 8am to 6pm Mon – Fri 01722 336262 Ext 2161/2804

Out of hours: Please call 01722 336262 and ask for bleep1374. This is for the out of hours critical care outreach team. They also deal with life

threatening emergencies within the hospital and may not be able to answer your call straight away. They will call you back as soon as they are able.

You have had your haemorrhoids banded today

1. A warm bath is often soothing
2. You may bleed initially and up to 10 days later
3. Drink plenty of fluids to avoid constipation
4. If uncomfortable following the procedure take paracetamol **NOT** aspirin or ibuprofen

Follow up care

The following arrangements have been made for you:

- ☐ You are being discharged back to your GP. Please make an appointment with your GP directly if your symptoms persist.
- ☐ You need to be seen in outpatients. This appointment will be sent to you in the post.
- ☐ You need another endoscopy inYou will be contacted nearer the time to arrange this.
- ☐ Further procedure (Surveillance). You have been advised to have regular endoscopy in the future. As surveillance guidelines change from time to time an endoscopist will review the timing of your procedures at least 2 months before your appointment is due. This review may result in your procedure being re-scheduled or even cancelled. If this is the case we will contact you to inform you of the changes.

Please note that a copy of your endoscopy report and any specimens taken will be sent to your own GP.

Advice and information on a wide range of gastrointestinal conditions is available at <https://www.nhs.uk/conditions/>

If you would like to comment on the care or service you have received the Patient Advice and Liaison Service (PALS) can be contacted on ext 4044 or email: sft.pals@nhs.net

Patient feedback from our annual patient survey is used to continually improve our service. This is distributed randomly to capture patients undergoing different procedures. If you have been invited to take part, please return your questionnaire promptly.

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