

## Patient advice sheet

# What to expect after you have had a colonoscopy or flexible sigmoidoscopy

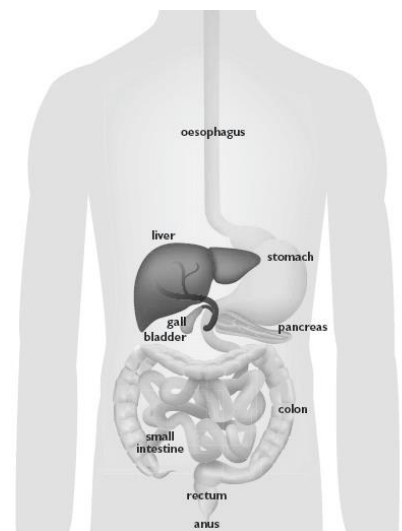
You have had a Colonoscopy/Flexible Sigmoidoscopy procedure. A doctor or one of the Endoscopy nurses will have discussed the results of your test with you before your discharge from hospital.

## What are the possible after effects of the procedure?

You may experience some wind and cramping in your stomach which can be quite painful at times. This is most likely to be due to the gas put in by the endoscopist during your examination. This is normal and the pain should ease within 24 hours.

If you have had a polyp removed or a biopsy, you may experience a little bleeding from your back passage.

If you experience severe abdominal pain or pass more than an egg cup full of red blood, please see below and seek help immediately.



## What are the after effects of the sedative injection?

If you have had a sedative injection, your mental ability to think clearly and make decisions may be affected for up to 24 hours after the procedure even though you feel wide-awake. For this reason, you **must** have someone who can take you home **and** look after you for the rest of the day. You may resume eating as normal.

If you have had sedation, for *24 hours* after your procedure you must **not**:

- Drive
- Operate potentially dangerous machinery

For **8 hours** after sedation, you should also **not**:

- Use potentially dangerous appliances such as a cooker or kettle
- Have a bath unsupervised
- Look after dependants on your own
- Go to work
- Sign any legal documents
- Drink any alcohol
- Take sleeping tablets or recreational drugs
- If you have had **inhaled pain control (Entonox)**, you should not drive for at least 30 minutes.

## Advice

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test.

## How to seek help after the test

If you experience any severe abdominal pain, or if you pass more than an egg cup full of red blood, please seek help immediately

- During normal office hours ring the relevant Endoscopy Unit  
Stoke Mandeville Hospital - **01296 315220**  
Wycombe Hospital - **01494 425073**

- **Outside** office hours, patients who have had their procedure in Wycombe or Stoke Mandeville Hospitals who need advice should call Ward 17 at Stoke Mandeville Hospital on **01296 418201**.

In an emergency you can come directly to Stoke Mandeville Hospital Emergency Department

## Follow Up Information

- A copy of your report is attached.
- You need to see your GP for treatment. Please check your GP Practice has received your results before making an appointment or take the copy of the report with you.
- Haemorrhoids have been banded / require banding
- You need to be seen in Outpatients Clinic.
- You will need another investigation.
- A copy of your results will be sent to your Consultant and/or GP.
- You had a biopsy. The results will be sent to your GP and/or consultant in approximately 2 weeks. You will be contacted if further action is necessary.

**If you would like a copy of this information sheet on audiotape, in large print or translated, please call 01296 315175 (SMH) or 01494 425710 (WH)**

**Legal Notice**

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

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