Discharge advice after your sigmoidoscopy
Information for patients
**After effects**

You may feel bloated with mild abdominal pain. This is due to wind and should settle quickly. Peppermint tea/water, warm drinks and walking around can help you pass the wind out.

If you have had biopsies taken or polyps removed you may experience some bleeding from your back passage. This should stop when your bowels have been opened once or twice.

If you have continued or worsening bleeding, or severe abdominal pain, you should contact us on the number opposite.

**Eating or drinking**

You can return to eating and drinking straight after your procedure. You can also continue taking your usual medication.

**What happens next?**

A copy of the endoscopy report will be sent to your GP within 10 working days. You should also be given a copy of this report before you go home.
Your results

These are sent to the Doctor who requested that you have the test. They should be received within 20 working days.

If your GP referred you for the test, you should contact your GP’s surgery in 4 weeks’ time. If you wish to discuss the results of the biopsy please make an appointment with your GP.

If the investigation was requested by a hospital Consultant, the report will be sent to them. The Consultant will then write to your GP to tell them the results of the biopsy. If you are having other tests your Consultant may need to wait for all the results before they write to your GP. This may not be until after you have returned for a further outpatient appointment.

Your follow up is:

☐ No further appointment is needed
☐ Make an appointment with your GP in 4 weeks
☐ An outpatient appointment will be sent to you in ..................... weeks/ months
☐ A repeat procedure will be arranged in ......................... weeks/ years

The following further investigations will be arranged:

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How to contact us

If at any time you have any problems or queries about your test, please call the Urgent Endoscopy Advice Line (24hr).
Tel: **01865 741 166** – ask to bleep **6825**

Let us know your views

Comments about your experience in the Endoscopy Departments can be emailed to:

- John Radcliffe: endoscopy@ouh.nhs.uk
- Horton General Hospital: horton.endoscopy@ouh.nhs.uk

Or you can write to:

- Endoscopy Sister
- Endoscopy Department
- Level 2
- John Radcliffe Hospital
- Headley Way
- Oxford OX3 9DU

- Endoscopy Sister
- Endoscopy Department
- Horton General Hospital
- Banbury
- OX16 9AL

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**