Discharge advice after your flexible sigmoidoscopy with sedation

Information for patients
After your flexible sigmoidoscopy

The sedation you have been given makes you sleepy and can cause forgetfulness and lack of concentration.

You should go home and rest today. The drugs remain in your body for at least 24 hours, so you must have someone responsible with you for this period of time.

You should not go home on public transport after this procedure. You will need to be taken home by car. This will be more comfortable for you and also quicker for you to return to the hospital if there are any complications on the journey home.

**In the next 24 hours:**
- Do not go to work.
- Do not drive a motorised vehicle (your insurance will not cover you).
- Do not operate machinery.
- Do not make important decisions.
- Do not sign legally binding documents.
- Do not drink alcohol.

**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 polyp removal 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 if you have severe abdominal pain, you should contact the number at the back of this leaflet.**
Eating and drinking

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

Aftercare

A copy of the endoscopy report is always sent to your GP and is usually received within a week.

Your follow up is:

☐ No further follow up needed
☐ Make an appointment with your GP in 2 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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Biopsy results

All biopsy results are seen by a consultant. Some patients are given their biopsy results when they come for their next outpatient appointment. If a consultant does not need to see you in the Outpatients Department, your results will be sent to your GP. Please call your GP after 4 weeks for the results.
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
Day Case Unit
Horton General Hospital
Banbury
OX16 9AL

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call 01865 221473 or email PALSJR@ouh.nhs.uk

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