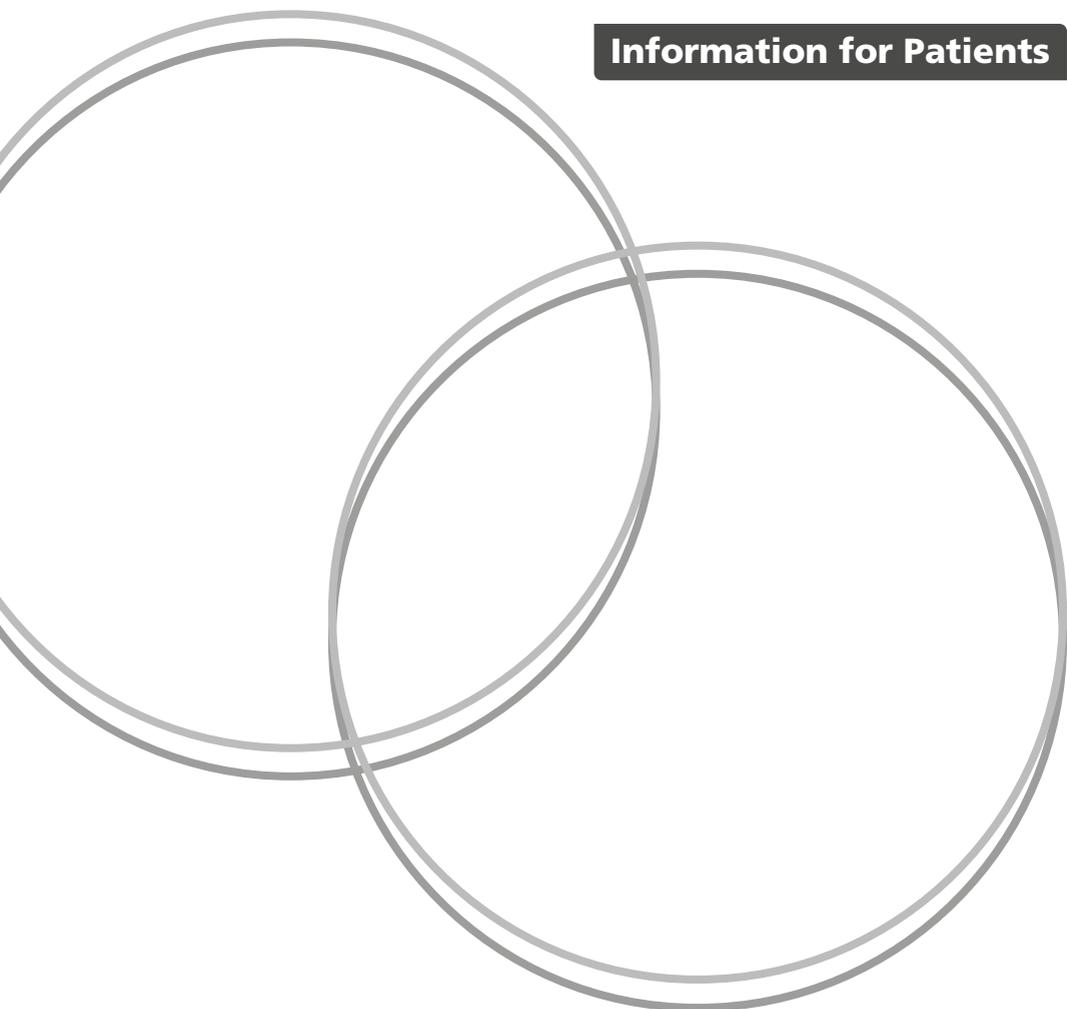




Oxford University Hospitals  
NHS Foundation Trust

# 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 for up to 24 hours. You should go home and rest today.

### **You must be collected and accompanied home.**

If you have had sedation and live alone, we recommend that you try to arrange for someone to stay with you overnight.

For 24 hours after the sedation you must not:

- drive
- drink alcohol
- operate heavy machinery
- sign any legally binding documents.

Most people feel back to normal after 24 hours.

## 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 or unexplained fever, you should contact the Urgent Endoscopy Advice Line on 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.

## **Biopsy results**

If the investigation was requested by a hospital Consultant, the report will be sent to them. The consultant will then write to you and 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 the GP. This may not be until after you have returned for a further outpatient appointment.

If your GP referred you for the test, you and your GP will receive your results from one of our Gastroenterologists.

## Aftercare

A copy of the endoscopy report will be sent to your GP electronically within 1 working day.

Your follow up is:

No further follow up needed

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:

.....

## How to contact us

If you have continued or worsening bleeding, or if you have severe abdominal pain or unexplained fever, please call the Urgent Endoscopy Advice Line.

Tel: **01865 741 166** – ask to bleep **6825**

## Let us know your views

You can comment by visiting: **[ouh.nhs.uk/ff](https://ouh.nhs.uk/ff)**

Or you can email:

John Radcliffe:

**[endoscopy@ouh.nhs.uk](mailto:endoscopy@ouh.nhs.uk)**

Horton General Hospital:

**[horton.endoscopy@ouh.nhs.uk](mailto:horton.endoscopy@ouh.nhs.uk)**

Or 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





## Further information

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter. Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

We have tried to make this information meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They will be happy to help.

Author: Endoscopy Team  
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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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