



Oxford University Hospitals
NHS Foundation Trust

Endoscopy Department
**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.

Aftercare

A copy of the endoscopy report will be sent to your GP 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:

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Biopsy results

All biopsy results are seen by a consultant. You may be given your biopsy results when you come for your next outpatient appointment. If a consultant does not need to see you in the Outpatients Department, they will write to you and your GP with the results.

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 (24 hour).

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 Sister
Endoscopy Department	Day Case Unit
Level 2	Horton General Hospital
John Radcliffe Hospital	Banbury
Headley Way	OX16 9AL
Oxford OX3 9DU	

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 **PALS@ouh.nhs.uk**

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