



Oxford University Hospitals  
NHS Foundation Trust

Endoscopy Department

# Discharge advice after your sigmoidoscopy

Information for patients



## After effects

If you were given Entonox (gas and air) you can return to your normal activities, including driving, after one hour.

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, severe abdominal pain or unexplained fever, you should contact us on the Urgent Endoscopy Advice Line (number at the back of this leaflet).**

## 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 1 working day. You should also be given a copy of the report before you go home.

## Your 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 your 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.

Your follow up is:

- No further appointment is 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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## How to contact us

If you have continued or worsening bleeding, 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	Endoscopy Department
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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