

Post Procedure Advice following a Flexible Sigmoidoscopy

Following your examination today you are advised to go home and rest.

You can eat and drink as normal and take your usual medication.

If your procedure was carried out with a conscious sedative injection or general anaesthetic, it is important for the next 24 hours **you do not:**

- Drive a car/motorbike or ride a bicycle**
- Sign any legal documents**
- Operate any domestic appliances or machinery**
- Drink alcohol**
- Look after young children alone**
- Take sleeping tablets**

One of the effects of sedation is that you may not remember having the procedure, this is normal.

The same or another responsible adult that collects you from the Endoscopy Unit should stay with you for the next 12 hours.

Post Procedure Travel

The UK Civil Aviation Authority (2023) recommends avoiding air travel for 24 hours post colonoscopy where large amounts of gas have been introduced into the colon, it is important to remember that intestinal gas will expand by approximately 30% by volume at a cabin altitude of 8,000 feet www.caa.co.uk/passengers-and-public/passenger-guidance/health-guidance/guidance-for-health-professionals/surgical-conditions/ . Patients intending to travel abroad especially post therapeutic procedures should be advised to contact their travel insurance companies to check policy cover if they intend to travel within 14 days.

How will I feel after the procedure?

If a polyp or biopsy was taken a small amount of blood may be present when you have your bowels open this is normal.

You may feel bloated for a few hours due to the air put into your bowel during the test. To help relieve this try sitting upright, walking around, taking warm drinks and peppermints.

When to seek help/advice

Serious side effects are rare however if any of the following occur within 48 hours after your flexible sigmoidoscopy, consult a doctor immediately by attending your nearest Accident and Emergency Department:

- Passing a lot of blood from your back passage**
- Vomiting**
- Severe abdominal pain**

Severe bloating Fever

Alternatively, if you have non serious concerns contact our Endoscopy units on the numbers below or your GP, outside departmental hours ring NHS 111.

Conquest Hospital contact numbers:

Endoscopy Unit – Tel: 0300 131 5297 – Monday to Friday 8:00am to 6:00pm (except bank holidays).

Eastbourne District General Hospital contact numbers:

Endoscopy Unit – Tel: 0300 131 4595 – Monday to Friday 08:00am to 6:00pm (except bank holidays).

Alternatively, after 6:00pm and at weekends please contact your GP, attend your nearest Accident and Emergency Department or ring NHS 111.

Sources of information

www.nhs.uk

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Consultant: Mrs A. Morris, Endoscopy Clinical Lead

Next review date: July 2027

Responsible clinician/author: T. Holmes-Ling

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Endoscopy Discharge Report:

- You will be sent an outpatient appointment.
- You will be sent an appointment for a CT scan / MRI.
- You will be sent an appointment to have this procedure again in approximately..... weeks.
- Biopsies have been taken which will take approximatelyweeks to be analysed by the histopathology department. Results will be sent to your consultant who will contact you or arrange a follow up appointment.
- Polyps have been removed which will take approximately.....weeks to be analysed by the histopathology department. You will receive a letter from the Polyp Surveillance Pathway team regarding the polyp(s) that have been removed. This letter may take up to 4 weeks to reach you. You will be advised whether any follow-up is recommended according to the national post-polypectomy guidelines issued by the British Society of Gastroenterology (BSG). The results of any other investigations that have been arranged for you will be addressed by your referring clinician.
- You have been referred to a Clinical Nurse Specialist
- You have been given an information leaflet.
- Patient information following your endoscopy procedure can be found at: NHS Health A-Z - <https://www.nhs.uk/conditions/>

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- You have been spoken to by an endoscopist/nurse regarding the results of your procedure.
 - You can begin to eat and drink as normal from.....

If you have any further questions, please ask a member of the nursing staff who will be happy to explain anything you are unclear about.

Completed by:

Print Name: Designation:

Signature: Date:



View hospital appointments, clinical letters and pathology results using our secure online system - www.esht.nhs.uk/mhcr

