

Patient information

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
Operate any domestic appliances or machinery
Look after young children alone

Sign any legal documents
Drink alcohol
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.

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:

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

Vomiting
Severe Bloating

Conquest Hospital contact numbers:

Endoscopy Unit – Tel: 0300 131 5297 – Monday to Friday 8.00am to 6.00pm. Outside of these hours contact Wellington ward – 0300 131 5076.

Eastbourne District General Hospital contact numbers:

Endoscopy Unit – Tel: 0300 131 4595 – Monday to Friday 0800-1800hrs
Outside of these hours contact Cuckmere ward – 0300 131 4500 Ext: 770548.

Alternatively after 1800hrs 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

The Trust is 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 the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: 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 Morris

Next review date: March 2025
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. Results will be sent to your Consultant who will contact you or arrange a follow up appointment.
- 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: