

Advice after Flexible Sigmoidoscopy *(page 1 of 2)*



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download the App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Date written: July 2001
Last revised: December 2016
Review date: August 2021
Version: 3.4
Code: PI1013

If you have had biopsies taken today

Biopsy results can take up to 10 days. The results will go to the doctor who requested the test. You will only be contacted if the results are positive. If the results are negative you will receive no further notification.

If you have not had sedation

- Return to your normal diet unless instructed otherwise
- Return to your normal activities.

If you have sedation

- Return to your normal diet unless instructed otherwise
- Rest for the remainder of the day
- You must have a responsible adult with you for 24 hours.

Things you MUST NOT do for 24 hours

- Drive ANY motorised vehicle (This is a legal requirement)
- Operate machinery
- Drink alcohol
- Sign ANY legal documents or make important decisions
- Take sleeping tablets
- Go to work
- Look after young children.

After effects

Most examinations are carried out without any problems. You may have slight bleeding from your bottom and a sore back passage. A dye that may have been used can turn your urine green. These symptoms are not uncommon. On rare occasions the endoscopy may cause damage to the lining of the bowel. This may cause bleeding and rarely perforation (tear in the gut wall).

- * If you are taking warfarin or other blood thinning medication and you were asked to stop for your procedure, please follow the instructions given to you by the endoscopy staff when you were discharged. If you are taking the oral contraceptive pill you must take additional precautions until your next period
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The Endoscopy Unit - open 9 am - 6pm
01722 336262 ext 2161 or 2804

If you experience

- * Pain in your abdomen, particularly if it becomes gradually worse or different and more intense to any 'usual' pains you may have
- * Fever
- * Passing a lot of blood from your bottom.

You should contact your G.P immediately or if out of hours go to your nearest emergency department.

If you have received treatment for haemorrhoids (piles) today

You have had your haemorrhoids banded

1. A warm bath is often soothing
2. You may bleed initially and up to 10 days later
3. Drink plenty of fluids to avoid constipation
4. If uncomfortable following the procedure take paracetamol **NOT** aspirin or ibuprofen

Follow up plan:

1. Discharged back to the care of your G.P
2. Further appointment in _____ weeks/months

**If you have severe pain and cannot pass urine please contact your
G.P**
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Contact numbers:

Endoscopy unit 9am to 6pm 01722 336262 Ext 2161/2804

If urgent out of hours ring 111