

**Patient
Information**

Discharge advice following a gastroscopy and colonoscopy/ flexible sigmoidoscopy without sedation

Introduction

This leaflet gives you information on care following your gastroscopy and colonoscopy/flexible sigmoidoscopy.

When can you eat and drink?

You can eat and drink from: _____

You can eat and drink normally after discharge following the time stated above; although we do recommend a lighter diet for today.

Medication

You can take your usual prescribed medications when they are next due, unless otherwise stated by the Endoscopist or discharging nurse. For blood thinning medications (anticoagulants) separate advice will be given.

After effects

You may experience the following:

- A bloated, windy feeling – moving around may help to relieve this.
- A sore throat for a short time after the procedure. This normal and should pass within 2 days.
- If we have removed a polyp, you may bleed slightly after the procedure, this is not unusual.

Reference No.

GHP11736_03_23

Department

Endoscopy

Review due

March 2026

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What happens next?

- A report will be sent to your GP.
- The results of the test and any specimens taken are sent directly to your GP. This can take up to 5 weeks.
- If a consultant follow up is needed you will receive an appointment letter in the post.
- If a repeat procedure is needed your medical notes will be reviewed by an Endoscopist before you are due to attend. This is because the criteria for repeating procedures may change or be altered as national guidelines are reviewed and updated. If it is felt that your procedure is no longer required, we will send you a letter in the post.

A member of the nursing team will have explained to you what has been done today and any further tests that you may need.

When to seek advice

Serious side effects are rare. However, if any of the following occur within 48 hours after your gastroscopy, please contact the Endoscopy Unit where you had your procedure.

- Severe pain in the neck, chest or abdomen
- Vomiting blood or bowel motion turns black
- Abdominal pain and/or bloating
- High temperature (fever) or you feel generally unwell
- Disorientation (feeling lost or confused)

If you have been given Buscopan[®] to relax your bowel during the procedure, please seek urgent medical advice if you experience any of the following:

- Painful red eye with loss of vision
- Blurred, misty or foggy vision
- Nausea and/or vomiting
- Unable to pass urine

If you have any concerns, please contact one of the following for advice:

- Endoscopy Unit where you were seen
- GP
- NHS 111

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If you think you require **immediate** medical attention, please telephone 999 or go to your nearest Accident & Emergency Department.

Contact information**Endoscopy Units****Gloucestershire Royal Hospital**

Tel: 0300 422 8222

Monday to Friday, 8:00 am to 6:00 pm

Cheltenham General Hospital

Tel: 0300 422 3370

Monday to Friday, 8:00 am to 6:00 pm

Cirencester Hospital

Tel: 0300 421 6200

Monday to Friday, 8:00 am to 6:00 pm

Stroud Hospital

Tel: 0300 421 8073

Monday to Friday, 8:00 am to 6:00 pm

Between 6:00pm and 8:00am you should contact the:

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted ask for the operator. Ask the operator to contact the Site Management Team. The operator will then contact a senior nurse who will be able to advise you.

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>