

**Patient
Information**

Discharge advice following a non-sedated colonoscopy/flexible sigmoidoscopy

Introduction

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

When can you eat and drink?

You can eat and drink normally after discharge; 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 anticoagulants (blood thinning medications) separate advice should be given.

After effects

You may experience a bloated, windy feeling – moving around may help to relieve this.

If we have removed a polyp, you may bleed slightly after the procedure, this is not unusual.

What happens next?

- A report will be sent to your GP in the next few days
- 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.

Reference No.

GHP11520_05_21

Department

Endoscopy

Review due

May 2024

Patient Information

- 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

- Severe pain in the neck, chest or abdomen.
- Repeated vomiting, bleeding or passing black tarry stools.
- Abdominal distension (expansion of the abdominal region).
- High temperature (fever) or you feel generally unwell.
- Disorientation (feeling lost or confused).
- If you have been given Buscopan® to relax your stomach during the procedure please seek advice if you experience any of the following:
 - Pain in both eyes/painful red eyes
 - Blurred, misty or foggy vision or haloes around lights
 - Nausea and/or vomiting
 - Unable to pass urine.

Endoscopy Unit

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 6294

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

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

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted please ask for the operator then the Site Management Team. The operator will then contact a Senior Nurse to advise you.

Alternatively you can contact NHS 111 for advice.

NHS 111

Tel 111

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