

**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 blood thinning medications (anticoagulants) separate advice will 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.
- 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.

**GHPI1520\_11\_22**

Department

**Endoscopy**

Review due

**August 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

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

- Severe pain in the chest or abdomen.
- Bleeding from the bowel (bottom) 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<sup>®</sup> 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:

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

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

**Patient  
Information****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 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

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.

**Feedback**

To help the Endoscopy Department understand what is important to you and how we can improve our service, we would appreciate if you would take the time to complete a feedback survey.

All responses will be anonymous and any information provided will be used sensitively and stored securely.

To access the survey, please use the QR code below or type the 'case sensitive' link into your internet browser.



<https://bit.ly/3MH0XIG>

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