



COLONOSCOPY/FLEXIBLE SIGMOIDOSCOPY WITH OR WITHOUT SEDATION DISCHARGE INFORMATION

Patient information Leaflet

September 2018

After Discharge

It is important that you go home and rest for the remainder of the day.

You may feel a little bloated with wind pains. Mild cramps are common in the first 6 – 12 hours after procedure due to trapped wind. These usually settle quite quickly.

Streaks of blood in your stool, or a few drops of blood on toilet paper/ underwear are normal. However, large amounts of rectal bleeding are not normal. Please call the numbers below for advice if you experience this. If you experience severe pain in the abdomen which does not settle, fever, chills or black stools, you should report this to a doctor at once or telephone the unit.

You may not have a bowel movement for 1 – 3 days due to the laxative colonoscopy prep. This is normal. The average colon is 5 – 6 feet long and it may take a few days for your colon to fill enough to have the urge to have a movement.

Due to wash out effects of laxative, you may be experiencing some symptoms of dehydration (tiredness or light – headedness). It is important to drink plenty of fluid to rehydrate yourself. You may eat and drink as normal following your discharge home.

If you have had sedation: Yes No

You must not:

- Go home alone, and you must have a responsible adult with you for the next 4 hours.

For 24 hours after your sedation you must not:

- Drive
- Operate any machinery (including kitchen appliances)
- Sign legally binding documents.
- Drink any alcohol
- Work

Your nurse will indicate if, as part of your procedure today, we have treated your haemorrhoids (piles).

Treatment for piles or haemorrhoids, in this trust is generally undertaken by Banding.
Yes No

If yes, please follow the bullet points below, if no please ignore.

- After the procedure, when the band falls off, there is a risk that you can bleed. However this is not generally heavy bleeding.
- It is uncommon but occasionally some people can get infections after this procedure. Following the advice given should reduce your risk of developing infection.
- A pressure – like feeling in the back passage can cause discomfort after the procedure. Therefore you will be given paracetamol after the procedure. This discomfort usually goes away within 4 hours, but sometimes can last up to 24 hours.
- As it is less expensive, (if you pay for your prescriptions) you will be asked to purchase Fybogel and Lactulose to prevent constipation after the procedure, if you do not pay for your prescriptions we will prescribe this for you to take home with you

If you have any concerns please feel free to speak with one of the Staff Nurses on the Endoscopy Suite.

Contact Us
Endoscopy Unit
Tel: 0161 922 6212 – between 8am and 6pm

Follow up arrangements:

You may have been given an injection of Buscopan during the examination. This may cause some blurring of your vision for a short period or occasionally eye pain. If this happens please seek advice from a specialist eye centre or emergency department. Do not drive with blurred vision.

- Buscopan Given Yes No
- Endoscopy report given & explained? Yes No
- Patient has been discharged back to GP care. Yes No
- Further investigations have been arranged. Yes No

• Name(s) of other leaflets/information given.

• Polypectomy Yes No

Nurse Name

Signature

Date

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی ہدی ءہی تقہ پڈتے ہا ہوتے نا پارےن، تہہے انہہڑ ہرے ءہنیک ہہہہ ڈیمہر ساهہ ٹےہیفونے ہوہاہوہوہ ہرہن 0161 331 5149/5150 ءہی ناہہارے، تقہن تہا آہنہاہے ساہہہا ہرہتے پارہے ۔

ہو آہہ آہ آاہیتہی ہاہہی ڈے ناہہہ ہاہو گہہی ہو ہٹہا ہٹہی، آہہتہی ڈ ہٹہا ڈہتہی
0161 331 5149/5150 گاہہہ ہر ہاہہہ ہاہہی تےآہ آہہہہ ہرہن ہہہہ ہہہہ۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آہٹہک ہیلٹھ ٹیم کے ساتھ ٹیلی فون نمبر
0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

Document control information

Author: Sarah Irvine
Division/Department: Endoscopy Unit
Date Created: September 2018