

Flexible Sigmoidoscopy results and advice following the procedure

Endoscopy Unit
New Cross Hospital & Cannock Chase Hospital



The prevention of infection is a priority in all healthcare settings and everyone has a part to play.

- Please decontaminate your hands frequently using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, a cough or other respiratory symptoms, a temperature or an unexplained rash which could be infectious please do not visit the hospital or any other care facility. If your visit is essential then phone ahead to the department that you are visiting
- If you are unwell seek advice from 111 or your GP if required
- Help us to keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



Care Colleagues
Collaboration Communities

Introduction

This leaflet will provide you with advice and what to expect following your flexible Sigmoidoscopy procedure.

Surname	Unit No
Forename	NHS No
Address	DOB
Postcode	(or affix patient label)

Date

Your endoscopist was

Your nurse was

Biopsies (tissue samples) have been taken: ☐ Yes ☐ No

Polyps have been removed: ☐ Yes ☐ No

For further results:

- ☐ Make an appointment to see your GP in two weeks
- ☐ You will receive an appointment to be seen in an outpatient clinic
- ☐ Wait for a letter from your consultant
- ☐ You will require a repeat or surveillance procedure in

NB The national guideline for a repeat procedure may change before you are recalled. You will be informed if the time interval changes or if a repeat procedure is no longer required.

Aftercare

When can I eat and drink?

You may eat and drink straight after the procedure. You may prefer something light to eat for the remainder of the day. You can resume your normal diet tomorrow.

When can I take my usual medicines?

You may take your usual medicines later today and as normal tomorrow.

Special instructions.....

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What instructions must I follow for the next 24 hours?

- You may have been given sedation through a cannula (small plastic tube) inserted into a vein in your arm. Sedation impairs your reflexes and judgement. Therefore it is very important that you follow these instructions if you had sedation:
- You must go straight home and have a responsible adult with you overnight
- You must rest for the remainder of the day and have a quiet day tomorrow
- You must not drive for 24 hours (car insurance will be invalid)
- You must not operate electrical items or operate machinery
- You must not drink alcohol
- You must not sign any legally binding documents

If you did not have sedation, then you can resume your normal activities as soon as you have been discharged.

What should I expect if I have been given Entonox?

Entonox (gas and air) passes out of your system within five to 10 minutes. You may feel a little dizzy but you will recover quickly.

If you have driven to the appointment, you are able to drive home so long as:

1. You have not had further sedation for your procedure (in this case you will need someone to take you home)
2. The nursing staff have judged that you have returned to your normal self
3. You are happy to drive yourself home
4. At least 30 minutes have passed since you had the Entonox

What should I expect If I have been given Buscopan (Bowel muscle relaxant)

- You may feel some dryness in your mouth—this is normal and will go away soon
- Some people experience blurry vision or difficulty focusing for a short time
- You might notice a warm feeling or flushing in your face
- Your heart rate may be slightly faster than usual
- Feeling dizzy or lightheaded can happen but usually passes quickly
- These effects are usually short-lived and typically last around 15 – 30 minutes, although in some cases they may last up to 24 hours
- Avoid driving or operating heavy machinery until any dizziness or vision changes have completely worn off
- You should attend the nearest Accident and Emergency department if you develop unusual chest pain, shortness of breath, severe dizziness, or nausea and vomiting that does not improve

- You should attend your local eye emergency department if you experience blurred vision, eye pain, redness of the eye, nausea / vomiting, headache, or any other sudden vision changes

When I am at home how will I feel?

It is usual to feel a little bloated for a few hours as air has been put into your bowel, this will pass naturally.

You may pass a little blood when you go to the toilet and this is likely to happen if you have had biopsies or polyps removed.

It may take a few days for the bowels to work normally again.

What if I feel unwell at home?

If you have severe abdominal pain, pass large amounts of blood, have a temperature or have chest pain you must telephone for help and advice.

Who do I telephone for advice?

If you had your procedure carried out at New Cross Hospital contact the Endoscopy Unit as follows:

Monday – Friday, 8am – 6pm, telephone: **01902 694191**
or **01902 695191.**

If you had your procedure carried out at Cannock Chase Hospital contact the Endoscopy Unit as follows:

Monday – Friday, 8am – 6pm, telephone: **01543 576736.**

At all other times you should attend the Emergency Department at New Cross Hospital (or your local hospital if this is nearer).

You should explain that you have recently had an Endoscopy and that you are experiencing symptoms as described above. If possible, bring your copy of your Endoscopy report(s) with you, but do not delay if you cannot find this.

Please advise the Doctor in the Emergency Department to inform the ward Gastroenterologist (9am to 5pm) or the on-call Gastroenterologist out of hours.

It may be necessary for you to stay in hospital overnight.

Useful External Agencies:

Guts UK

The Charity for the Digestive System
3 St Andrews Place
London
NW1 4LB

Tel: 020 7486 0341

email: info@gutscharity.org.uk

<https://gutscharity.org.uk/>

PALS

(Patient Advisory & Liaison Services)
Patient Information Centre
New Cross Hospital
Wolverhampton
WV10 0QP

Telephone: 01902 695362

E-mail: PALS@rwh-tr.nhs.uk

www.pals.nhs.uk

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。