



# A guide to...

## Aftercare for Colonoscopy or Flexible Sigmoidoscopy *Patient Information*

### How to contact us

Booking and interpreting queries – Please call the number on your appointment letter

Clinical queries – Hemel Hempstead 01442 287968 / Watford 01923 436095

Any other query – Please call Hemel Hempstead 01442 287681 / Watford 01923 217530

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 198** or email **[westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)**



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## **If you have had conscious sedation**

If you have had sedation you may feel tired, dizzy or weak afterwards. You must have someone to collect you from the Endoscopy unit and stay with you for 24 hours. During the first 24 hours you must not:

- Drive
- Operate machinery
- Drink alcohol
- Take sleeping tablets
- Sign legal documents
- Look after young children and/or dependents alone

## **After your procedure**

You may experience some abdominal cramping, due to the gas introduced into your bowel. This is quite normal and the gas is absorbed very quickly, reducing discomfort.

You may have bleeding from your back passage when you first go to the toilet. A tiny amount on the tissue is normal. You can eat and drink normally.

**If you are planning to travel abroad within the next two weeks please seek advice from the nurse who discharged you.**

If you experience significant bleeding, severe abdominal pain or a change in vision after your procedure please call 01442 287968 / 01923 436095 during working hours. If the bleeding, pain or visual problems are severe do not delay. Please attend Watford General Hospital, Accident and Emergency Department and take a copy of your Endoscopy report with you. Do not drive. Call an ambulance if necessary.

**The following arrangements have been made for you: -**

- You are being discharged back to your GP You need to be seen in outpatients**
- You require another test**
- Repeat procedure (surveillance)**

**Patient conditions website/QR code:**

<https://gutscharity.org.uk/advice-and-information/conditions/?feature-category=gut>



## **When will I get the results of the procedure?**

You will be given a copy of the report before you leave the department and the doctor or nurse will talk to you at the end of the procedure to explain their findings. If you have had samples sent to the laboratory the results will be reviewed by the Endoscopist and you will be contacted if there is anything of concern.