

Flexible sigmoidoscopy aftercare advice for patients

Today you have had a flexible sigmoidoscopy - an examination of your lower bowel. You are unlikely to have any serious side effects but please be aware of the following:

- If you have had an intravenous sedative, you may feel drowsy for several hours. You must not operate machinery, drink alcohol or sign legal documents until the next day. You must not drive for 24 hours.
- If you have had entonox (gas and air) during your procedure you may experience any of the following side effects: dizziness, light headedness, tingling, sickness, disorientation. Side effects should pass within 30 minutes of your last dose and prior to your discharge from the unit. You can go about your normal day without any restrictions after your test.
- If you have any abdominal discomfort, this is most likely due to the air the endoscopist put in during the examination. This effect will not last long and may be relieved by passing wind.
- If you have had a polyp removed, you may notice some blood spotting in your bowel movement for the next 24-48 hours.
- You may eat and drink normally after the procedure.

If you experience any of the following problems:

- Severe abdominal pain (not cramp caused by wind).
- A firm and swollen abdomen.
- Vomiting.
- High temperature or feeling feverish.
- A sudden passing of a large amount of blood from your back passage ((a very small amount of blood is normal and needs no action).

Contact information – up to 7 days after your procedure

Contact the Endoscopy Unit during office hours (9am-5pm) on 0118 322 7458 / 7459.
Out of office hours and weekends, ring Sidmouth Ward on 0118 322 7469

More information is available on the Trust website: www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Endoscopy Unit

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