

Patient information

Flexible Sigmoidoscopy Aftercare Information

Gastroenterology Department

If you have sedation for your flexible sigmoidoscopy, you will require a period of recovery in the Gastroenterology Department for at least one hour following the procedure.

When the test has finished you will be allowed to rest. We will then assist you to get up and get dressed and you will be offered a drink.

When your escort has arrived to collect you, you will be given a discharge letter and you will be told the results of your test.

The sedation can make you forgetful, which is why we give you the results of your test when your escort is here. If for any reason you do not want your escort to be present when you are told the results, then we will tell you this in private.

For 24 hours following the sedation you must not:

- Travel alone.
- Drive any vehicle or ride a bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions, sign any business or legal documents.
- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

You should:

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.
- Ensure that you have an adult escort to look after you for 24 hours.

If you have not had sedation, following the procedure you will be told the results of the test given a discharge letter, copy of the endoscopy report and discharged directly from the procedure room.

Following your flexible sigmoidoscopy you may feel some discomfort in your abdomen – similar to wind pains and/or feeling bloated. This is because air is blown into your bowel in order to allow the camera to pass up into the bowel and view the lining of the bowel wall. The discomfort you may feel should only be mild and not last long.

If you have any biopsies taken or have any polyps removed it is not unusual to have some spotting of blood on the tissue or into the toilet after you first open your bowels following your flexible sigmoidoscopy.

If you experience any excessive bleeding, severe pain in your neck, chest or abdomen you must go to your nearest Accident and Emergency Department, taking this information leaflet with you.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any questions or queries, please contact: The Gastroenterology Unit during the following hours

Monday – Thursday	0800 – 2100hrs
Friday	0800 – 1700hrs
Saturday/Sunday/BH	0800 – 1600hrs

Tel: 0151 706 2656/ 2819/2726

Text phone number: 18001 0151 706 2656/2819/2726

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

The Emergency Department (A&E) is open 24 hours

Telephone number: 0151 706 2051/2050.

Text phone number: 18001 0151 2051/2050

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پئومندیدار بهو نهخوشانهی له لایهن تراستهوه پهسمند کراون، نهگهر داوا بکرنیت له فورماتهکانی تردا بریتی له زمانهکانی تر، ئیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و ئهلیکترۆنیکی ههیه.

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