

Patient information

Discharge following your Flexible Sigmoidoscopy Examination

Endoscopy Unit -Aintree Hospital

You have had a flexible sigmoidoscopy which is a visual examination of the inside of the rectum and sigmoid colon using a lighted, flexible fibre optic endoscope.

Prior to your admission you should have received and read the flexible sigmoidoscopy patient information leaflet.

What happens after the procedure?

- You may feel bloated and gaseous; this is due to the introduction of air during the procedure.
- The endoscopist or nurse will have informed you of the immediate findings of the examination and will have advised you on diet and fluids. If you wish, a relative or friend can be present at this time.
- Many people find they do not remember all the information given to them so this will be provided to you in writing in the form of a procedure report.
- Because your colon has been completely cleaned out for the procedure, **do not** expect to have a normal bowel movement for at least 24 to 48 hours. Your first bowel movement may be diarrhoea or loose stool.
- You will be advised on when to restart your usual medications.

If you have had sedation for this procedure:

- You may feel drowsy.
- The sedation you have been given will remain in your body for several hours; you will need to have someone with you for the rest of the day and overnight.
- Your nurse will discharge you into the care of a relative or friend who has come to take you home.

If you have had sedation you should not go to work, drive a car, operate machinery, drink alcohol or sign legal documents for 24 hours.

If you have had entonox (gas and air) for this procedure:

- Within a few minutes it will have disappeared completely from your body.
- You are safe to drive providing it has been at least 30 minutes since you used to entonox gas.

What should I do when I go home?

- Once at home you are advised to rest for the remainder of the day.
- It is advisable to keep meals simple for 48 hours after your procedure. This will avoid any unnecessary pain that rich food may cause. After 48 hours, you may eat and drink normally.
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- You may have a dressing in place over the injection site in your hand; please leave this in place for 24 hours. If any redness, tenderness or swelling persists for longer than 48 hours, please contact your general practitioner (GP).

Are there any possible complications after a flexible sigmoidoscopy?

While every precaution is taken to prevent any problems, complications can occur and sometimes these may not be evident for several hours.

If, in the next 24 hours, you experience any of the following contact Aintree Hospital Tel.0151 525 5980 and ask to bleep the endoscopy co-ordinator on bleep 5092 (Mon – Fri 09.00 – 17.00) or outside of these hours contact the nurse clinician bleep 5147 or bleep 2076:

- Passage of a large amount of blood or black stools is not normal, however, it is normal to notice spotting for two-three days after the procedure, especially if biopsies or polyps were taken.
- Severe or new onset of abdominal pain.
- Severe dizziness or fainting.
- Sweating, severe nausea or high fever.

These symptoms may indicate a complication of the procedure; your doctor will want to discuss these symptoms with you.

If your symptoms cause concern, persist or if the pain is severe, you must seek help immediately from your GP or go to your nearest Accident and Emergency department.

Will I need a follow-up appointment?

- If you need to be reviewed at a clinic in the hospital, an appointment will be arranged and sent to your home address.
- If you do not require a follow-up appointment, we will advise that you will receive a letter via post informing you of your histology results. You should receive this letter within four – six weeks.
- You will be discharged on the day of your procedure with a copy of your report. A copy of all this information will also be sent to your GP.

What should I do if I have any concerns about the procedure?

We welcome and encourage your feedback. Therefore, if you have any comments, concerns, or queries about your visit to the endoscopy unit at Aintree Hospital please do not hesitate to speak to the nurse in charge or contact customer services Tel: 0151 529 3287.

Note: This document is intended for information purposes only

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 need any further information, please contact the Endoscopy unit, Elective Care Centre Aintree Hospital
Telephone: 0151 525 5980.**

Useful websites

- **www.aboutmyhealth.org.uk – for support and information you can trust.**
- **www.gutscharity.org.uk**

NHS 111

**For health advice and reassurance, 24 hours a day, 365 days a year.
Tel: 111 (Text phone: 18001 111)**

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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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