

## Patient information

### Outpatient Polypectomy Aftercare Information

#### Gastroenterology

You have now had your polyp/polyps removed or biopsies taken.

#### **Minor post procedure signs and symptoms**

After a polypectomy it is normal to experience some wind pain and also possibly a small amount of bleeding from the back passage. A small amount of bleeding is normal.

#### **Serious post procedure signs and symptoms**

**If bleeding persists or you get any severe pain in your neck, chest or abdomen, you are advised to return to your nearest emergency department (A&E) bringing this information leaflet with you.**

**You may get bleeding up to ten days after the polypectomy and if this occurs and is bright red you are again advised to return to the nearest hospital emergency department (A&E)**

You may carry on a normal diet when you get home.

#### **If you were sedated please read and follow the advice below:**

You may have difficulty remembering what has been said to you following your procedure, this is the effect of the sedation. The effects will stay in your system for 24 hours. A full report will be sent to your family doctor (GP) and you will be discharged.

#### **For next 24 hours 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.

## **Results**

Sometimes the doctor or nurse will let you know what the results of the polypectomy are. Sometimes biopsy, photography or other information is taken which may need to be assessed further and the result may not be available for a week or two. In this case the result will be sent to your GP or be available to discuss with you at your next clinic appointment.

## **Further appointments**

An appointment may be given to you before you leave, or one will be sent to you in the post.

## **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.**

<b>Monday – Thursday</b>	<b>0800 - 1700 hrs</b>
<b>Friday</b>	<b>0800 - 1700 hrs</b>
<b>Saturday/Sunday/BH</b>	<b>0800 - 1600 hrs</b>

**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**

**Tel: 0151 706 2051/2050.**

**Text phone number: 18001 0151 706 2051/2050**

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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