

# Discharge Information following your Colonoscopy

- You have had a Colonoscopy which is a visual examination of the large intestine (colon) using a lighted, flexible fibre optic endoscope.
- Prior to your admission you should have received and read the Colonoscopy patient information leaflet.

## What happens after the procedure?

- You will be taken to the recovery room where you can rest quietly.
- You may feel bloated. This is due to the introduction of air during the procedure.
- After a short time you will be given a drink and a light snack.
- The nurse or endoscopist will go over the immediate findings of the examination with you.
- If you wish, a relative or friend can be present at this time.
- 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 can take your normal prescription medicines as soon as you are able to drink safely, however please discuss this with the ward staff first.

## 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.
- **Also, as 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 for this procedure:

- Within a few minutes it will have disappeared completely from your body.
- Within 30 minutes of stopping to use the Entonox gas you can drive again

## What should I do when I go home?

- Once at home you are advised to rest quietly 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.

## Are there any possible complications after a Colonoscopy?

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 Hospitals NHS Trust 0151 525 5980 and ask to bleep the Endoscopy Co-ordinator on bleep 5407 (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 abnormal. However, it is normal to notice spotting for 2-3 days especially if biopsies or polyps were taken.
- Severe or new onset of abdominal pain.
- Severe dizziness or fainting.
- Sweating, severe nausea or high fever.
- Painful, red eye with loss of vision (if you had received a medication called Buscopan during your procedure).

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, the Endoscopy Unit 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 either be given to you on the unit or 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 any histology results. You should receive this letter within 4 – 6 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 your feedback and act on it. Therefore, if you have any comments, concerns or queries about your visit to the Endoscopy Unit at Aintree Hospitals NHS Foundation Trust please do not hesitate to speak to the:

- Person in charge of the unit.
- Customer Services Tel: 0151 529 3287.

## Further Information:

- [www.aboutmyhealth.org.uk](http://www.aboutmyhealth.org.uk) – for support and information you can trust.
- [www.gutscharity.org.uk](http://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)

Note: This document is intended for information purposes



## If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**