

## Patient information

### Outpatient Colonoscopy Aftercare

#### Gastroenterology and Hepatology

Your colonoscopy is now complete. Once the effects of the sedation have worn off you will be allowed to go home with an escort.

#### Minor post procedure symptoms

You may feel bloated due to the air that has been introduced into your bowel. This should disperse once you are up and about walking around.

You may have some spotting of blood if you have had any polyps or large pieces of tissue samples removed.

#### Serious post procedure symptoms

**If you experience any severe pain in your neck, chest or abdomen or if you are bleeding heavily you must return to the nearest Emergency Department (A&E) and take this, and any other information leaflet you are given with you so as to inform the staff what you have had done.**

A report of the colonoscopy will be sent to your family doctor (GP) and the Consultant team who referred you.

#### Important advice

As you have had sedation you must be escorted home from the Unit. You are advised to allow your escort to listen to any information you are given as the sedation may make it difficult for you to remember what is said. This will only happen with your consent.

#### For next 24 hours you must not:

- Travel alone
- Drive any vehicle e.g. car scooter 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 nurse or doctor will be able to let you know the result of your examination. Sometimes biopsy, photography or other information taken 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**

You will be either given a further appointment 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 – 2100 hrs</b>
<b>Friday</b>	<b>0800 – 1700 hrs</b>
<b>Saturday/Sunday/BH</b>	<b>0800 – 1600 hrs</b>

**Tel: 0151 706 2819/2726**

**Text phone number: 18001 0151 706 2720**

**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**

**Author: Gastroenterology and Hepatology**

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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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