

What to expect after your Bowel Cancer Screening Colonoscopy or Flexible Sigmoidoscopy

What are the possible after effects of the procedure?

You may experience some mild or moderate windy pains in your stomach. This is most likely to be due to the gas put in by the endoscopist during your examination. This is normal and the pain should ease within 24 hours.

If you have had a polyp removed or a biopsy, you may experience a little bleeding. If you experience severe abdominal pain or if you pass more than a tablespoon full of red blood, please see seek help immediately by telephoning one of the numbers overleaf.

If you have had a polyp removed we may have used tiny clips internally to hold the bowel lining and help prevent bleeding. You may pass these tiny clips in your stool in the hours, days or weeks after the procedure. Do not be alarmed by this.

What are the after effects of the sedative injection?

If you have had a sedative injection, your mental ability to think clearly and make decisions may be affected for up to 24 hours after the procedure even though you feel wide-awake. For this reason, you **must** have someone who can take you home **and** look after you for the rest of the day. You may resume eating as normal.

If you have had sedation, for **24 hours** after your procedure you must not:

- Drive
- Operate potentially dangerous machinery

For **8 hours** after sedation, you should also not:

- Use potentially dangerous appliances such as a cooker or kettle
- Have a bath unsupervised
- Look after dependants on your own
- Go to work
- Sign any legal documents
- Drink any alcohol
- Take sleeping tablets or recreational drugs

If you have had **inhaled pain** control, you should not drive for at least 30 minutes.

When to seek help after the test

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test. If you experience severe abdominal pain, if you pass more than a tablespoon full of red blood, if you experience a fever or hot and cold sweats, please seek help immediately.

If you are concerned or distressed by the symptoms, the priority will be to return to hospital to be seen in the Emergency Department. However, if there is time and you or a family member are able, please also consider the following options:

- **Within office hours**, telephone the **Bowel Cancer Screening Team**, Wexham Park Hospital on **01753 634154**.
- **Outside office hours**, telephone the **Christiansen Unit** at Wexham Park Hospital on **01753 634716** or **01753 634719** and ask for advice.

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test.

Follow up Information

- A copy of your endoscopy report is attached.
- The screening practitioner will phone you in the morning to check that you have recovered from the procedure (Monday morning if your investigation was on a Friday).
- You have had a biopsy or polyp removed. The screening practitioner will let you know when the results are available and will discuss any follow up needed with you.
- You have had a lesion clipped. Tiny metal clips may be passed in your stool days or weeks later. This is normal and should not cause concern.
- A copy of your results will be sent to your GP and filed in your hospital note.

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:
Telephone: 01753 633365

or

Email: palswexhampark@fhft.nhs.uk

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