

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



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

Frimley Park Hospital
Telephone: 01276 526530
Email: fhft.palsfrimleypark@nhs.net

Heatherwood Hospital
Telephone: 01753 633365
Email: fhft.palswexhampark@nhs.net

Wexham Park Hospital
Telephone: 01753 633365
Email: fhft.palswexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ</p> <p>Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>	<p>Heatherwood Hospital London Road Ascot SL5 8AA</p> <p>Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>	<p>Wexham Park Hospital Wexham Slough Berkshire SL2 4HL</p> <p>Hospital switchboard: 01753 633000 Website: www.fhft.nhs.uk</p>
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Title of Leaflet	Discharge information post Flexible Sigmoidoscopy				
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Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

Endoscopy Unit Frimley Park Hospital



Contact details:	
Endoscopy unit nurses station	01276 526045 8.00am to 6.00pm Monday to Friday, excluding bank holidays
Surgical Assessment Unit (SAU)	01276 526960 24 hours a day 7 days a week

Discharge information for patients after Flexible Sigmoidoscopy

□ **You have had IV sedation, therefore you must:**

- have a responsible adult to care for you at home
- **not** drink alcohol
- **not** drive a vehicle, operate heavy machinery or sign any legal documentation for 24 hours
- have plenty of rest at home, as the sedative can make you feel tired and lethargic.

□ **You have not had IV Sedation.**

- You are able to go home on your own.
- You should restart your medications on the day of your procedure unless advised otherwise. Talk to your doctor before restarting blood thinners or antiplatelet medicine.

□ **You have had Entonox (gas and air):**

- If you have Entonox on its own for pain relief, you must wait at least 30 minutes in the department for observations. After this time period, you are legally permitted to drive.
- You do not have to take any special precautions as its effects are short acting.

□ **How will my doctor get my procedure report?**

- We will post a copy of your endoscopy report to your GP and or the doctor who has referred you for this procedure within one working day.

□ **How will I know the result of my biopsy/tissue sample?**

- This depends on what kind of biopsy/tissue sample has been taken.
- The laboratory sends report of any sample taken during the procedure to your GP and or the doctor who referred you for this procedure directly via a electronic reporting system . Endoscopy unit do not receive these reports.

□ **You have had an endoclip or loop applied to prevent bleeding:**

- In 5–10 days you may see a small metal or plastic object in your stool – this is normal.

□ **After your procedure**

- you may experience mild bloating and cramping wind pains due to the air that has been introduced into your bowel. This normally settles within a few hours but, if not, peppermint tea and walking about may help.
- you may notice some spotting of blood on the toilet and/or tissue which will settle.
- you can eat and drink normally.
- the procedure, especially the preparation, can flare up haemorrhoids and cause bright rectal bleeding.

□ **You have had polyp/s removed during your Flexible Sigmoidoscopy:**

Removing polyps increases the risk of perforation. If you notice:

- **large amounts of bright red blood or black motions**
- **severe pain in your neck, chest or abdomen**
- **hard tummy**
- **dizziness**
- **fever**
- **vomiting**
- **or you are unable to pass flatulence or stool**

the Endoscopy Unit nurses are available for advice on 01276 526045 from 8.00am to 6.00pm, Monday-Friday.

Outside these hours and for up to 4 weeks after discharge, you can contact the Surgical Assessment Unit (SAU) on 01276 526960. This service is available 24 hours a day, 7 days a week.

In an emergency, please attend nearest Emergency Department. You must bring your endoscopy report back with you to show to the doctor/nurse.