

## Post Procedure Advice

# Colonoscopy / Flexible Sigmoidoscopy

### After your investigation

BECAUSE YOU HAVE BEEN SEDATED, FOR THE NEXT 24 HOURS...

- You cannot **legally** drive
- You must not operate machinery
- You must not drink alcohol
- You should not sign legally binding agreements
- You must not care for dependants, children or elderly relatives
- You must have someone to supervise you at home

### You may experience:

- Some Diarrhoea for a couple of days until the bowel returns to normal
- Abdominal pain due to air introduced to your bowel during your procedure. This can be alleviated by hot drinks and moving around.
- A small amount of bleeding on the first one or two times of having your bowels open

## Follow up

- If polyps have been removed the scarring will heal naturally within one week. No alteration to your normal diet is needed.
- If you have been advised to stop your warfarin for this test, a nurse will let you know before you leave when it is safe to resume taking it.
- If biopsies have been taken the results will be made known to you at your outpatient appointment or at your GP's surgery.

## IF YOU DEVELOP ANY OF THE FOLLOWING SYMPTOMS:

- Severe pain and/or vomiting
- Passing or vomiting blood
- A raised temperature and/or 'flu like' symptoms
- Redness, pain and/or swelling of the injection site

**TELEPHONE ENDOSCOPY: 01225 821425 OR 01225 821788 UNTIL 6pm. FROM 6pm PLEASE CALL 01225 824430 WHERE YOU WILL SPEAK TO A NURSE FOR ADVICE.**

**IF IN DOUBT GO STRAIGHT TO THE NEAREST EMERGENCY DEPARTMENT**

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 or 826319.