



## **Aftercare advice for Colonoscopy or Flexible Sigmoidoscopy patients**

This leaflet aims to guide patient on how to return to normal activities following an endoscopic examination of the large bowel.

### **Please be aware of the following:**

- You can eat and drink as normal, but we recommend a light and low-fat meal to start.
- You may feel bloated due to the air that could have been left inside. It can last up to 24 hours. You can also try to move about to help settle the air or have warm drinks, peppermint water or tea.
- If polyps are removed or biopsies taken, you may notice small amount of bleeding from your bowel when you next visit the toilet.
- You may take your medications immediately after the procedure.
- The Endoscopist or discharge nurse will discuss your procedure report and follow-up schedule. If you have any biopsies, the results will be discussed on your follow-up.
- The unit will send a copy of your endoscopy report to your GP.

### **If you had sedation:**

- You may feel drowsy for several hours.
- You will have to wait for about 1 hour to recover before you can go home with your escort.
- You are advised to rest at home following your procedure and have a responsible adult available to stay with you for at least 24 hours.
- You must not drive, ride a bicycle, operate machinery, drink alcohol, take sleeping tablets, sign any legal documents or make important decisions for the next 24 hours.

**Serious side effects are rare, however if you experience any of the following symptoms, please contact your GP immediately or go to your nearest Emergency department (A&E) and take your endoscopy report with you.**

- Severe, persistent, or worsening abdominal pain
- Difficulty breathing
- High temperature or feeling feverish
- Continuous passing of red or black stools, blood clots or large amount of blood.
- Eyes become red and painful with blurring of vision
- Chest pain or neck pain radiating to your arm
- Persistent vomiting

### **Contact numbers:**

- Endoscopy team, Monday to Friday, 8am to 5pm, please email: [hobkh.endoscopy@nuffieldhealth.com](mailto:hobkh.endoscopy@nuffieldhealth.com) or call: 02085053311 Ext 4627 or 02089361221
- Out of hours: please call 02085053311 Ext. 4161 or 4162 and ask for the nurse-in-charge or the Resident Medical Officer.
- NHS 111: for medical help and advice over the phone 24 hours a day.

### **References:**

<https://www.theholly.com/services/general-medicine/endoscopy/upper-gi-endoscopy>  
<https://www.theholly.com/services/general-medicine/endoscopy/flexible-sigmoidoscopy>