

## Discharge Advice after Your Sigmoidoscopy

### Patient Information

#### After your Sigmoidoscopy

If you have been given sedation this may make you sleepy and can cause forgetfulness and lack of concentration for up to 24 hours. You should go home and rest today.

You must be collected and accompanied home.

If you have had sedation and live alone, we recommend that you do arrange for someone to stay with you overnight.

For 24 hours **after** the sedation you must not:

- drive
- drink alcohol
- operate heavy machinery
- sign any legally binding documents.

Most people feel back to normal after 24 hours.

#### After Effects

You may feel bloated with mild abdominal pain. This is due to wind and should settle quickly. Peppermint tea/water, warm drinks and walking around can help you pass the wind out.

If you have had biopsies taken or polyp removal you may experience some bleeding from your back passage. This should stop when your bowels have been opened once or twice.

If you have continued or worsening bleeding, or if you have severe abdominal pain or unexplained fever, you should contact the Hospital.

### **Eating and Drinking**

You can return to eating and drinking after your procedure. You can also continue taking your usual medication.

### **What Happens Next?**

A copy of the report will be sent to your GP within 1 working day.

### **Your Results**

The Consultant will write to your GP to tell them the results of the biopsy. If you are having other tests your Consultant may need to wait for all the results before they write to your GP.

If your GP referred you for the test, you and your GP will receive your results from your Gastroenterologist.

Your follow up appointment will be given to you at your discharge along with your sigmoidoscopy report OR the Consultant may write to you instead.

### **Biopsy Results**

All biopsy results (if taken) are seen by your Consultant. You may be given your biopsy results when you come for your next outpatient appointment. If a Consultant does not need to see you in the Outpatients Department, they will write to you and your GP with the results.

If you have continued or worsening bleeding, severe abdominal pain or unexplained fever, please call the Hospital.

If you have any concerns or questions regarding your care following discharge, please do not hesitate to contact the hospital.

## **Let us know your views**

Please complete the green questionnaire before you leave with comments about your experience.

For assistance or further details please telephone **01744 739311 ext 106**

Outpatients 01744 746425  
**Email: [enquiries@fairfield.org.uk](mailto:enquiries@fairfield.org.uk)**  
**Website: [www.fairfield.org.uk](http://www.fairfield.org.uk)**  
Crank Road, St Helens, WA11 7RS  
Registered charity no—502791

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