



Endoscopy Unit

DISCHARGE INFORMATION FOLLOWING A COLONOSCOPY/FLEXIBLE SIGMOIDOSCOPY

Before leaving the unit, you will be seen by the endoscopist / endoscopy nurse and receive your own copy of the report. If you require any medications or further tests after your colonoscopy this will be arranged for you.

Recovery

If you received sedation, it is important that you rest for the remainder of the day and have someone to stay with you overnight, as these medications can affect your focus or sense of balance. During the first 24 hours following sedation you must not:

- ✓ drink alcohol
- ✓ drive any vehicles (including riding a motorcycle or bicycle)
- ✓ take sleeping tablets
- ✓ operate machinery or electrical items (including a cooker or kettle)
- ✓ sign any legally binding or important documents
- ✓ work at heights (including climbing ladders or onto chairs)

Eating and drinking

You may eat and drink normally and resume your normal medication, unless instructed otherwise by the endoscopist performing your procedure.

For some time after the test your tummy may feel bloated. The air that was introduced into your bowels during the procedure causes this discomfort and should settle on its own. You may find helpful massaging your tummy, having warm drinks or walking around to pass the wind.

Please bear in mind that your bowel has been completely emptied and you should not expect to have normal bowel functions for two or three days.

When to seek advice

You may find traces of blood coming from your back passage if biopsies were taken or polyps were removed. If you have continuous or worsening bleeding (fresh blood or dark stools), fever, severe pain in your neck, chest or abdomen or persisting vomiting, please attend the nearest emergency department and bring a copy of the endoscopy report with you.

For any queries, you can contact endoscopy department on **020 7288 3813/3814** between Monday to Friday from 9am to 5pm.



Biopsy results

ALL BIOPSY RESULTS WILL BE REVIEWED IN THE VIRTUAL CLINIC AND SENT TO YOUR GP. PLEASE CONTACT YOUR GP AFTER 4 - 6 WEEKS TO GET A COPY OF THE HISTOLOGY REPORT.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 23/05/2023
Review date: 23/05/2025
Ref: EIM/Endosc/DisclInfoColFLexSigm/01

© Whittington Health
Please recycle

