

Information for patients and carers

Discharge following a Flexible Sigmoidoscopy



Patient's name: _____

Date: _____

Sedation: Yes / No

Entonox: Yes / No

Drugs given: _____

For 24 hours after the sedation you must not:

- Drive a car/vehicle
- Operate machinery
- Drink alcohol
- Sign legally binding documents

Please ensure you have a responsible adult with you for the next 24 hours.

At the discretion of the nursing staff, you may be able to drive home 30 minutes after using Entonox.

You can eat and drink as normal from now.

You may experience wind type pains, but this should settle when you start moving around.

It may take 2–3 days for your bowel movements to return to normal.

If you have had a polypectomy, please:

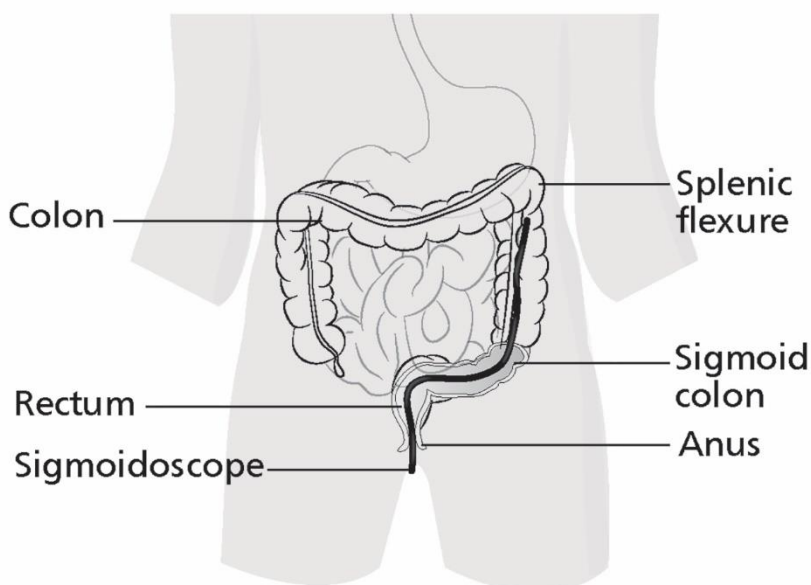
- Be aware that you may notice blood in the toilet or on the tissue paper
- Watch for increased pain in your abdomen
- Watch for any raised temperature

If your pain becomes worse, you experience any heavy bleeding, are passing blood clots or if you experience any severe pain or distention in your lower abdomen, or a raised temperature you must contact one of the telephone numbers on the following page.

Results of your examination:

If you have access to the internet, you can visit www.gutscharity.org.uk for further information on certain colorectal conditions.

Sigmoidoscopy



Follow up:

If you have had any samples taken today your consultant will let you know the results within 8-10 weeks or contact your GP.

Contact details

For further advice or information please contact:

Endoscopy - Preston 01772 524958 (08:00 – 18:00 Monday – Friday)

Endoscopy - Chorley 01257 245649 (08:00 – 18:00 Monday – Friday)

Out of hours please ring **Gastroenterology ward on 01772 522319**

After 24 hours please contact your GP or local Emergency Department if you have any concerns.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

www.gutscharity.org.uk

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All our patient information leaflets are available on our website for patients to access and download:

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

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