

# Advice following a colonoscopy or sigmoidoscopy without sedation

Information and advice for patients

## **Endoscopy**

You have had a colonoscopy or sigmoidoscopy without sedation.

### **Pain**

You may experience some tummy pain and discomfort following your colonoscopy or sigmoidoscopy due to the air we have put into your bowel. Walking around and taking simple painkillers such as paracetamol will help. Follow the dosage instructions on the packet. You may also pass small amounts of blood from your back passage following the test, this is normal.

### **Normal activities**

You should be able to resume all of your normal activities as soon as you feel well enough. This includes driving and work.

### **Results**

We will send a copy of your colonoscopy or sigmoidoscopy report to the doctor or nurse who referred you for the procedure.

We will also send a copy of this to your GP.

If your GP referred you for the procedure please make an appointment to see them.

### **Follow-up**

You were referred for this appointment by: \_\_\_\_\_

A follow up appointment has been arranged for: \_\_\_\_\_

### **Symptoms to report**

Please contact us if you experience any of the following symptoms after this procedure:

- Breathing problems
- Severe pain in your tummy
- Passing a lot of blood or blood clots from your back passage
- Appearing pale
- Clammy skin (cold, moist skin)
- A temperature of 38°C

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### **Contact details**

Please contact us on one of the following numbers if you have any questions or concerns:

#### **Daytime**

##### **Sandwell Hospital Endoscopy Unit**

0121 507 2488

8am - 6.30pm, Monday - Friday

##### **City Hospital Endoscopy Unit**

0121 507 5318

8am - 6.30pm Monday - Friday

#### **Evening and weekends**

**Sandwell Hospital, Priory 5 Gastroenterology Ward 0121 507 3493**

6.30pm - 8am, Monday - Friday and weekends

**City Hospital, Ward D15 Gastroenterology Ward 0121 507 4405**

6.30pm - 8am, Monday - Friday and weekends

You can also contact NHS Direct for advice on 0845 46 47.

They are available 24 hours a day, 7 days a week.

### **Further information**

Further information about gastroenterological conditions can be found at:

<http://www.corecharity.org.uk/archive/conditions>

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

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### Sources used for the information in this leaflet

- British Society of Gastroenterology, 'Guidelines on safety and sedation during endoscopic procedures', 2003

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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