

# Advice following a colonoscopy or sigmoidoscopy with entonox

Information and advice for patients

## Endoscopy

You have had a colonoscopy or sigmoidoscopy with Entonox. Entonox is a gas mixture of nitrous oxide and oxygen. It is used as a painkiller and the effects wear off within minutes.

### 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 or higher

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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

Tel: 0121 507 2489

8am - 6.30pm, Monday - Friday

##### City Hospital Endoscopy Unit

Tel: 0121 507 5800

8am - 6.30pm Monday - Friday

#### Evening and weekends

##### Priory 5 Gastroenterology Ward, Sandwell Hospital

Tel: 0121 507 3493 overnight 6.30pm - 8am, Monday - Friday and all weekend

You can also contact NHS 111 for advice.

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 website

[www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on Twitter @SWBHnhs and like us on Facebook

[www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs).

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### Sources used for the information in this leaflet

- Association of ambulance chief executives (AACE), Joint royal colleges ambulance liaison committee. (2019). *JRCALC clinical guidelines 2019*. Class Publishing. Somerset.
- British National Formulary (BNF). (2021) Nitrous oxide. Available at: <https://bnf.nice.org.uk/drug/nitrous-oxide.html#directionsForAdministration> (Accessed 22 November 2021).
- Academy of medical royal colleges (AOMRC). (2013) *Safe sedation practice for healthcare procedures standards and guidance*. Available at: [https://www.aomrc.org.uk/wp-content/uploads/2016/05/Safe\\_Sedation\\_Practice\\_1213.pdf](https://www.aomrc.org.uk/wp-content/uploads/2016/05/Safe_Sedation_Practice_1213.pdf) (Accessed 22 November 2021).

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