

# Advice following a colonoscopy or sigmoidoscopy without sedation

Information and advice for patients

## Endoscopy

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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:

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A follow up appointment has been arranged for:

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## 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

## Contact details

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

### Daytime

#### **Sandwell Health Campus**

Endoscopy Unit

Tel: 0121 507 2489

8am – 6.30pm, Monday – Saturday

#### **Birmingham Treatment Centre**

City Health Campus

Endoscopy Unit

Tel: 0121 507 6450

8am – 6.30pm, Monday – Saturday

#### **MMUH Endoscopy Unit**

Tel: 0121 507 5800

8am – 6.30pm, Monday – Saturday

### Evenings and weekends

#### **Ward C8 Gastroenterology, MMUH**

Tel: 0121 507 3493, overnight 6.30pm- 8am, Monday – Saturday and all day Sunday

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:

<https://gutscharity.org.uk/>

For more information about our hospitals and services please see our website

[www.swbh.nhs.uk](http://www.swbh.nhs.uk), like us on Facebook [www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs) or

Instagram [@swbhnhs](https://www.instagram.com/swbhnhs).

## Sources used for the information in this leaflet

Academy of Medical Royal Colleges (2013). *Safe sedation practice for healthcare procedures*. [Online]. London: AOMRC. Available at [https://www.aomrc.org.uk/wp-content/uploads/2024/05/Safe\\_Sedation\\_Practice\\_1213.pdf](https://www.aomrc.org.uk/wp-content/uploads/2024/05/Safe_Sedation_Practice_1213.pdf) [Accessed 16 January 2026]

Academy of Medical Royal Colleges (2021). *Safe sedation practice for healthcare procedures: an update*. [Online]. London: AOMRC. Available at [https://www.aomrc.org.uk/wp-content/uploads/2021/02/Safe\\_sedation\\_practice\\_for\\_healthcare\\_procedures\\_update\\_0521.pdf](https://www.aomrc.org.uk/wp-content/uploads/2021/02/Safe_sedation_practice_for_healthcare_procedures_update_0521.pdf) [Accessed 16 January 2026]

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