

PATIENT INFORMATION

# COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY



Your procedure was performed by: \_\_\_\_\_

## **IF YOU HAVE HAD SEDATION**

1. You were given sedative drugs to make you drowsy for your procedure; these are likely to take up to 24 hours to wear off. It is important that you:-
  - Rest quietly for the remainder of the day, with someone to look after you for 12 hours, as you will still be affected by the sedative drugs.
  - Sedation can impair your concentration and co-ordination It is advisable to have the following day off work but in any event for the first 24 hours following sedation

### **DO NOT:**

- Drive a car
- Drink alcohol
- Take sleeping tablets
- Operate any machinery or household equipment –( kettle, cooker)
- Sign any legally binding documents
- Work at heights (including climbing ladders or onto chairs)
- looking after young children or dependants alone

## **Important information for ALL patients**

2. During the procedure we have had to inflate your bowel with air. Most of this air will have been removed at the end of the procedure; however it is usual to feel some discomfort for the remainder of the day. if possible try to walk round and/or drink warm drinks, if this fails to subside, or gets worse, or the pain is abnormal for you please telephone the numbers below for advice.
3. If biopsies have been taken or a polyp removed, it is common to experience a small amount of blood loss following the procedure. If this is persistent or excessive, (more than an egg cup full) please telephone the numbers below for advice.
4. You may return to eating and drinking as normal after your procedure. It is usual to experience loose bowel actions for approximately 24 hours following the procedure, due to the laxative taken to cleanse your bowel.
5. You may have been given Buscopan during your procedures; your nurse will inform you of this. Buscopan is a muscle relaxant. In rare circumstances this can cause problems with your **Eyes During the 24 hours following your Procedures**

If you have any of the following symptoms; Pain Soreness or visual impairment that is abnormal for you, “YOU MUST SEEK MEDICAL ATTENTION IMMEDIATELY”

If you have any problems or queries about your test:-

**Please telephone: Monday – Friday 8am-5pm –**

Worcester Endoscopy Unit on 01905 733085

Alexandra Endoscopy Unit on 01527 512014

Kidderminster Endoscopy Unit on 01562 513249

Evesham Endoscopy Unit please call Burlingham Ward's on 01386 502443

**In emergency/outside of these hours please contact –Your GP/NHS DIRECT or the A&E department on 01527 512116.**

A copy of your procedure report will be sent to your GP within 24-48 hours.

Please ask if you have not received information about the results of your procedure before you leave.

Nursing staff – please tick as appropriate, the outcome from the Endoscopy report.

- ☐ **You do not need a follow up appointment.**  
We will contact your GP with the results of your procedure.  
Please make an appointment to see your GP if you have any further questions.
- ☐ **You will need to have this procedure again.**  
We will send you an appointment in roughly \_\_\_\_\_ weeks / months / years.  
All repeat procedure appointment dates are reviewed in the light of today's Biopsy results and current best practice guidelines
- ☐ **You have had some biopsies taken during your procedure.**  
The results can take up to 4 weeks to get to your GP
- ☐ **You have had one or more polyps removed.**  
The results can take up to 4 weeks to get to your GP
- ☐ **During your test, the Endoscopist found you had: -**  
\_\_\_\_\_  
\_\_\_\_\_
- ☐ **You have been given an information leaflet.**
- ☐ **We will make an appointment for you to see your Consultant in the outpatient clinic.**

**When:** \_\_\_\_\_ **With:** \_\_\_\_\_

**If you have any questions, please ask the nursing staff, who will be happy to explain anything you are not sure about.**

Filled in by (name): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Time: \_\_\_\_\_

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.