



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
- 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.

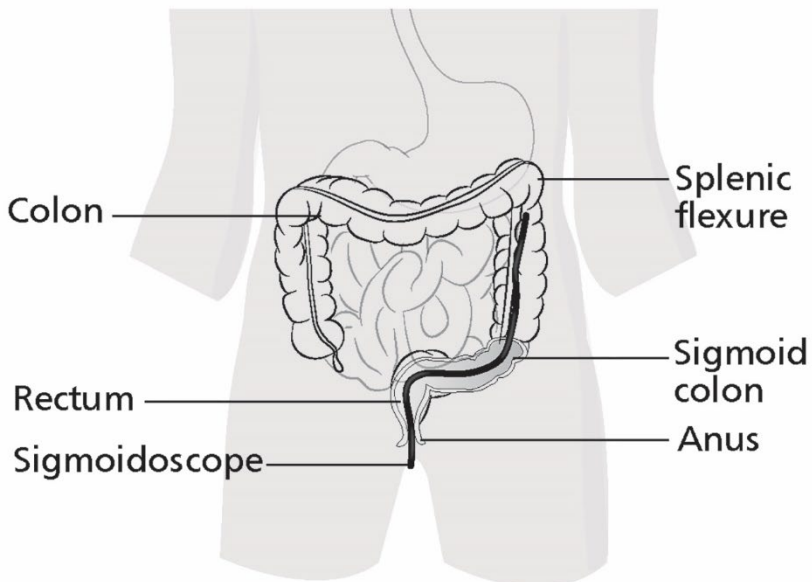
It may take 2 – 3 days for your bowel movements to return to normal.

If you have had a polypectomy please:

- be aware that you may notice blood in the toilet or on the 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, you must contact one of the telephone numbers on the following page.

Sigmoidoscopy



Results of your examination:

Do you have access to a computer and internet access Yes / No

For information about the results please visit www.gutscharity.org.uk

Leaflets can be printed on request.

Follow up:

If you have had any samples taken today your consultant will let you know the results within 6-8 weeks, or contact your GP.

For advice during the 24 hours following your procedure 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.

Contact details

Should you require 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)

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.gutscharity.org.uk

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

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

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 the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں یبھ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

Arabic:

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

Department: Endoscopy
Division: Diagnostics and Clinical Support
Production date: June 2022
Review date: June 2025
JR 799