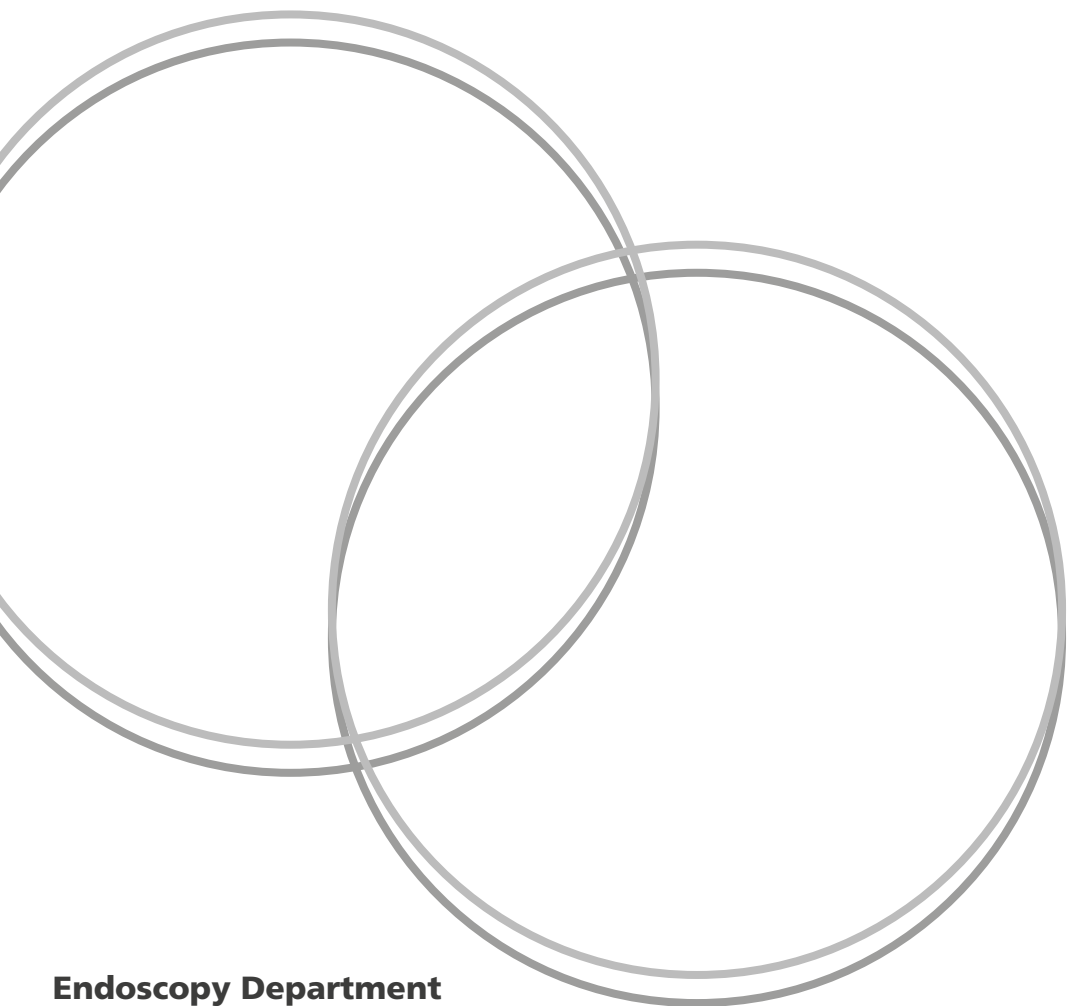




Oxford University Hospitals
NHS Foundation Trust

Discharge Advice After Your Flexible Sigmoidoscopy

Information for patients



Endoscopy Department

After effects

If you were given Entonox (gas and air) you can return to your normal activities, including driving, after 30 minutes.

If you have been given sedation, you must be collected and accompanied home.

The sedation you have been given makes you sleepy and can cause forgetfulness and lack of concentration for up to 24 hours. You should go home and rest today.

If you have had sedation and live alone, we recommend that you try to arrange for someone to stay with you overnight.

For 24 hours after the sedation you must not:

- Drive.
- Drink alcohol.
- Operate machinery.
- Sign any legal documents.
- Most people feel normal after 24 hours.

You may feel bloated with mild abdominal pain. This is due to wind and should settle quickly. Peppermint tea/water, warm drinks and walking around can help you pass the wind out.

If you have had biopsies taken or polyps removed you may experience some bleeding from your back passage. This should stop when your bowels have been opened once or twice.

If you have continued or worsening bleeding, severe abdominal pain or unexplained fever, you should contact us on the Urgent Endoscopy Advice Line.

Telephone: 0300 3047 777, and state you want to speak to the operator. During the hours of 8am to 6pm, Monday to Saturday ask for bleep 6825. Out of these hours and on bank holidays ask the operator to bleep the on call Gastro-registra.

Eating or drinking

You can return to eating and drinking straight after your procedure. You can also continue taking your usual medication, unless advised otherwise.

What happens next?

A copy of the endoscopy report will be sent to your GP electronically within 1 working day. You should also be given a copy of the report before you go home.

Your results

If the investigation was requested by a hospital Consultant, the report will be sent to them. The Consultant will then write to you and your GP to tell them the results of the biopsy. If you are having other tests your Consultant may need to wait for all the results before they write to your GP. This may not be until after you have returned for a further outpatient appointment.

If your GP referred you for the test, you and your GP will receive your results from one of our Gastroenterologists. The endoscopy department does not receive any biopsy results.

You have been given a copy your report with initial findings and if further follow up is required you will be contacted by the relevant department.

How to contact us

For any other non-urgent matters, please contact the John Radcliffe endoscopy department on 01865 221 456 or for the Horton endoscopy department call 01295 229 155.

Let us know your views and experience in the endoscopy department

You can comment by visiting: ouh.nhs.uk/fft

Or you can email:

John Radcliffe Hospital:
endoscopy@ouh.nhs.uk

Horton General Hospital:
HortonEndoscopyBookingAdmin@ouh.nhs.uk

Or write to:

Endoscopy Sister
Endoscopy Department
Level 2
John Radcliffe Hospital
Headley Way
Oxford OX3 9DU

Endoscopy Sister
Endoscopy Department
Horton General Hospital
Banbury
OX16 9AL

Notes

Further Information

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter. Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

We have tried to make this information meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They will be happy to help.

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Oxford University Hospitals NHS Foundation Trust
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