



Sigmoidoscopy with Sedation / General Anaesthetic (GA) Discharge Advice

Following your sigmoidoscopy you may feel a little light headed, but this should pass once you have rested and had a drink.

As you have received a sedative injection General Anaesthetic (GA) to help you tolerate the procedure, it is most important that you follow the instructions given in this leaflet.

- ☐ Rest quietly for the remainder of the day, with someone to look after you for 24 hours as you may still be affected by the sedative drugs.
- ☐ It is advisable to have the following day off work, but in any event for the next 24 hours following sedation / general anaesthetic DO NOT:
 - Drive a car
 - Drink alcohol
 - Take sleeping tablets
 - Operate machinery or electrical items
 - Sign any legally binding documents
 - Work at heights (including climbing ladders or onto chairs)
- ☐ Because the sedation / general anaesthetic may affect your memory you are unlikely to remember what has been said to you. In view of this, the findings will be forwarded to your GP or to the doctor who referred you for the test.
- ☐ It is not unusual to pass a small amount of blood following this investigation, especially when you first open your bowels. However, if this becomes excessive, persistent or accompanied by pain, please call the unit on the numbers below for advice.
- ☐ In order to visualise the bowel properly and make a thorough investigation, it was necessary to inflate it with air. This may give you some wind type pain. If this discomfort does not settle in the next few hours, becomes more severe or is accompanied by bleeding, please contact the unit on the numbers below for advice.

If you have had biopsies (samples) taken, the results will be sent to your GP/Referring consultant and a letter will be sent to you directly. If you have not received your biopsy results within 8 weeks, please call the department that you had your test carried out who can look into this for you.

Information for Patients

To contact us by telephone:

If you have any problems or questions please use the numbers below to contact us:

Solihull Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm - Excluding Bank holidays 0121 424 5394

An answer telephone is available for you to leave your name, telephone number and message. We will return your call.

Heartlands Endoscopy Unit

Monday to Friday 8:30 am to 5.30pm - Excluding Bank holidays 0121 424 0438

Good Hope Hospital - Scoping Suite Treatment Centre

Monday to Friday 8:30 am to 5.30 pm - Excluding Bank holidays 0121 424 9506

Queen Elizabeth Hospital Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays 0121 371 3833

An answer telephone is available for you to leave your name, telephone number and message. We will return your call.

Bowel Cancer Screening Patients

Monday to Friday 8.00 am to 5.30 pm 0121 424 9174

Or contact your screening nurse directly.

If your call is out of these hours and you require urgent medical advice, you can contact one of the following:

- **Speak to an Endoscopy Nurse directly – phone 0121 424 2000 and ask to be put through to the Endoscopy Nurse on call**
- **Or dial 111 non-emergency NHS service**

Once at home, if you experience severe pain, profuse bleeding, develop a high temperature, or shortness of breath following your procedure, you should go direct to A&E taking this letter with you.

PATIENT SATISFACTION SURVEY

Your Feedback is important to us. Please use the QR code below to complete our patient feedback survey, and let us know how we can improve our services for you.



If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk.