



## **Gastroscopy and Colonoscopy/Flexible Sigmoidoscopy with Entonox and Local Anaesthetic Spray Discharge Advice**

Following your gastroscopy and Colonoscopy/Flexible Sigmoidoscopy you may feel a little lightheaded, but this should pass once you have rested and had a drink.

You have been given a local anaesthetic throat spray and should have nothing to eat and drink until: \_\_\_\_\_.

- Although you did not receive sedation for this procedure, you were given Entonox gas to breathe, to help relieve any discomfort you may have experienced.

The nitrous oxide constituent of Entonox is rapidly eliminated. However, if you have been given Entonox on its own for pain relief, it is important that you feel capable before considering whether to drive. You must wait at least 30 minutes after use before driving or using any machines.

### **What to expect**

- You may have a sore throat for a short time after the test. This should pass within a day
- It is not unusual to pass a small amount of blood following this investigation, especially when you first open your bowels again. However, if this becomes excessive, persistent or is 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 is necessary to inflate it with air. This may give you some discomfort and “wind” type pain. If the discomfort does not settle in the next few hours, and becomes more severe, changes in character or is accompanied by bleeding, please contact the unit on the numbers below for further advice.
- It is advisable to take only a light diet for 24 hours after the investigation as the effects of the laxatives that you took prior to the test may still cause you to have a loose motion. You may gently introduce a normal diet over the following 48 hours.

### **Please note:**

As with any test, the results given to you today cannot be guaranteed to be totally accurate, although the endoscopist performing the test has taken great care in reporting what he or she has seen. A copy of the report will be sent to your GP in the next few days however, if you have had biopsies taken, the results could take up to 4 – 6 weeks.

The results of any biopsies taken are not sent back to the Endoscopy Unit, so please do not telephone us to find out the results. The results of your biopsies will be sent to your GP/referring Consultant.

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## **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**
- **Your own GP**
- **NHS Direct – Telephone 0845 4647**

**If you experience severe pain, vomit/pass blood from your back passage, develop a high temperature, shortness of breath following your procedure, you should go direct to A&E taking this letter with you.**

## **Our commitment to confidentiality**

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

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## Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

## You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
  - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
  - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

## Accessibility

To view this information in a different language or use text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



## How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.** [www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)

