



Colonoscopy/Flexible Sigmoidoscopy and Argon Plasma Coagulation – Discharge Advice

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

You may feel a little discomfort due to the air inserted during the procedure - this is normal.

During your procedure you may have been given sedation or given Entonox gas to breathe, to help relieve any discomfort you may have experienced.

If you were given sedation or a general anaesthetic (GA), it is most important that you follow the instructions given below.

- ☐ It is advisable to have the following day off work, but in any event for the next 24 hours following sedation / general anaesthetic (GA) 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 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.

If you were given Entonox for your procedure, you should follow the instructions given below:

- 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.

During your procedure you were given Argon Plasma Coagulation treatment. This involves the use of a jet of argon gas which is used to destroy abnormal tissue and to seal off bleeding blood vessels.

We would advise against travelling abroad in the first three days following your procedure. If you have any travel plans please discuss these with us.

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.

Information for Patients

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, becomes more severe, changes in character or is accompanied by bleeding, please contact the unit on the numbers below for further advice

Endoscopy Contact Numbers:

Solihull Endoscopy Unit

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

Heartlands Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm – 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 phone 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 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, profuse bleeding, develop a high temperature, shortness of breath following your procedure, you should go direct to A&E taking this letter with you.

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.

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.

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.