



## Sigmoidoscopy with Entonox – Discharge Advice

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

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.

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 accompanied by pain, please call the unit on the numbers below for advice.

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.

### 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.**

## Information for Patients

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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.

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.

### **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](mailto:interpreting.service@uhb.nhs.uk).