



## Sigmoidoscopy without Sedation – Discharge Advice

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

It is not unusual to pass a small amount of blood following this investigation if you have had biopsies (tissue samples) taken, 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.

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.

### 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**

## Information for Patients

---

- Your own GP
- NHS Direct – Telephone 0845 4647

If you experience severe pain, or profuse bleeding, develop a high temperature, 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](mailto:interpreting.service@uhb.nhs.uk).