

**NHS Forth Valley**  
**Endoscopy Department**

**Post procedure advice following:**

# **Colonoscopy/ Flexible Sigmoidoscopy**

**Patient Information**

A decorative graphic at the bottom of the page consisting of two overlapping, stylized blue waves. The waves are light blue and have a soft, rounded appearance, creating a sense of movement and flow.

## Introduction

You have had an examination of your large bowel. If you have had sedation you should go home and rest today. After effects, if any, are usually minimal and may take the following form:

## Abdominal discomfort

If you have any abdominal discomfort, this is most likely due to “wind”. This effect should not last long; passing wind will alleviate this discomfort. Mild analgesia can be taken i.e. paracetamol if necessary. Peppermint Oil preparations or peppermint tea can also help.

**If you develop severe pain and/or vomiting please contact your General Practitioner (GP).**

## Discomfort at the injection site

You may experience a slight discomfort in the arm into which the sedative injection was given. A cold icepack may give some relief, however, should any swelling, tenderness or redness of the injection site become increasingly uncomfortable, please advise your GP.

## Bleeding

If a biopsy or removal of a polyp has been performed, you may notice small traces of blood from the back passage. This is NOT abnormal. However, if this persists or increases in amount, please contact your GP. Your bowel habits should return to normal within 2-3 days.

**If you suddenly lose a lot of fresh blood, become faint, pale and sweaty, you should contact your GP or NHS 24 on 111 and explain your symptoms. If however, you have difficulty getting through to NHS 24 and your symptoms are as above, you should report to Emergency Department at Forth Valley Royal to be assessed. You may need to be admitted.**

You may resume your normal prescription medicines.

You may resume your normal diet unless otherwise instructed by your doctor.

**Remember**

If you have had a sedative, you may have difficulty remembering. DO NOT drive a vehicle, go to work, use machinery, drink alcohol or sign any legally binding documents for 24 hours.

Further advice about your condition will be given by your own GP or at your next clinic appointment if one is planned.



Following today's procedure, a detailed letter will be sent to your GP with the results within the next 10-14 days.

Your named nurse was:.....

Follow up information:.....

.....

**For more information please contact:**

**FORTH VALLEY ROYAL HOSPITAL  
Endoscopy Unit  
(01324 567518) Mon – Fri 9am – 4pm**

### **If you can't go let us know!**

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

**We are happy to consider requests for this publication in other languages or formats such as large print. Please call [01324 590886](tel:01324590886) (24hrs), fax [01324 590867](tel:01324590867) or email [disability.department@nhs.net](mailto:disability.department@nhs.net)**

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### **SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES**

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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