Calderdale and Huddersfield
NHS Foundation Trust

Endoscopy Units

Discharge Information Following Colonoscopy or Flexible Sigmoidoscopy

Calderdale Royal Hospital



Tel: 01422 223933 / 223920

Huddersfield Royal Infirmary



Tel: 01484 342436 / 355877

☐ **You have had IV sedation therefore you must:**

- Have a responsible adult to care for you at home for 24 hours
- Have plenty of rest at home as the sedative can make you feel lethargic and tired

You must not:

- Drive a vehicle or motorcycle
- Drink alcohol, take recreational drugs or sleeping tablets
- Operate machinery or household equipment (kettle /cooker)
- Sign any legal documents
- Look after young children and dependents

☐ **You have had Entonox last used at** _____

- **You must not drive or operate machinery** for 30 mins since last use

☐ **You had nothing** you can continue as normal immediately

If you have had biopsies/tissue samples the results will be available in 6-8 weeks. **These will not be available from the endoscopy department.**

However, this may be sooner if you are on a fast track suspected cancer pathway. Once the consultant has the biopsy results they will write to you or you will be invited to a clinic appointment.

compassionate care

After your procedure you may experience:

- You may have some bloating or stomach cramps or a feeling of fullness due to the air we put in during the test. This usually settles within a few hours, if not peppermint tea and walking about may help.
- You may notice some spotting of blood on the toilet and/or tissue which will settle.
- If blue dye spray was used this may show up in bowel motions for 24 hours.

Things to watch out for:

- Severe pain in the neck, chest or abdomen
- Large amounts of bright red blood or black motions
- Fever
- Vomiting

If you develop any of the above please seek medical advice from:

- **GP** in working hours
- **111** out of hours or for urgent advice the nearest **A&E** department

If you attend A&E please take a copy of the report with you.

☐ Repeat procedure : Yes in _____ weeks/months No ☐

☐ Restart medication: _____ Date: _____

Copy of the report given and explained Yes ☐ No ☐

Further investigations: CT Scan ☐

MRI Scan ☐

Blood Tests ☐

Lower GI Cancer Specialist Nursing Team

You may have been told today that you have a suspected cancer. You can ask questions regarding diagnosis and treatment on the below number. Please leave a message and one of the team will be in contact with you.

The Lower GI nursing team will follow your care. If you have not received any appointments for scans or heard from any members of the team after one week please ring 01484 355062

PALS

(Patient Advice and Complaints Service)
The office is open 9am-5pm Monday to Friday
Email: **patientadvice@cht.nhs.uk** or Telephone 01484 343800

Patient satisfaction survey

Please help us improve our service by completing the patient feedback survey
We value all patient feedback

If you have any comments about this leaflet or the service you have received you can contact the Unit Manager at the Endoscopy Unit you attended.

Calderdale Royal Hospital
Telephone (01422) 223920

Huddersfield Royal Infirmary
Telephone (01484) 342436

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"