

## **Sigmoidoscopy Discharge Information**

**Endoscopy Unit  
University Hospital Llandough  
02920 715970**

**Endoscopy Unit  
University Hospital of Wales  
02920 746344**

If you received sedation, although you may feel wide-awake, your concentration and co-ordination may be impaired. For this reason **someone should accompany you home and stay with you for at least 4 hours**. For 24 hours you:

- **MUST NOT** drive a car (or other motorised vehicle) **or** ride a bike
- **MUST NOT** operate machinery **or** sign important documents
- We advise that you do not drink alcohol until the next day

### **What to expect following your sigmoidoscopy**

- **Discomfort from trapped air** - it is not uncommon for you to feel bloated or experience some stomach cramps. Walking around and drinking warm drinks such as peppermint tea or eating peppermints can also help you to pass wind. Simple painkillers such as paracetamol may also be taken according to the manufacturers instructions.
- **Bleeding** - it is not uncommon to pass a small amount of blood from your back passage following the procedure if biopsies or polyps have been removed. This will normally resolve by itself.

**However if the following occurs you should seek urgent medical advice:**

- **Sudden onset severe abdominal or chest pain** which can occur up to 2 weeks following the sigmoidoscopy.
- **Significant and continuous bleeding from your back passage** which can occur up to 2 weeks following the sigmoidoscopy.

### **Who to contact:**

- **Monday to Friday 08.30am – 17.00pm:** contact the endoscopy unit informing them that you have recently had a sigmoidoscopy and describe the problem that you are experiencing.
- **Outside working hours:** either phone your out of hours GP service or visit your local Emergency (A&E) department.

**It is important that you tell them that you have had a recent sigmoidoscopy procedure and take a copy of your report with you.**

### **What happens next?**

A copy of your report will be posted to your GP. If you had any biopsies taken or polyps removed the samples will be sent to the laboratory. It can take at least 4 weeks before these results are available.