

Bowel Cancer Screening Flexible Sigmoidoscopy – Results and advice following the procedure.

Beynon Centre Endoscopy Unit

Flexible Sigmoidoscopy results

Your Endoscopist was

Your Specialist Screening Practitioner was

Biopsies (tissue samples) have been taken Yes No

Polyps have been removed Yes No

You will be contacted by the Specialist Screening Practitioner on the next working day after your Flexible Sigmoidoscopy.

If you have had polyps removed or tissue samples taken you will be contacted within a week in order to arrange an appointment to discuss your results with one of the Specialist Screening Practitioners. If you have not received your results within 10 days contact the Specialist Screening Practitioners on 01902 695193.

Aftercare

When can I eat and drink?

You may eat and drink straight after the procedure. You may prefer something light to eat for the remainder of the day. You can resume your normal diet tomorrow.

If you have been given sedation

This may impair your reflexes and judgement and therefore it is very important that you follow these instructions:

- You must go straight home and have a responsible adult with you overnight
- You must not drive for 24 hours (car insurance will be invalid)
- You must not operate electrical items / operate machinery
- You must not drink alcohol
- You must not sign any legally binding documents

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What should I expect if I have been given Entonox (Gas & Air)?

Entonox (Gas & Air) passes out of your system within 5-10 minutes. You may feel a little dizzy but will recover quickly.

If you have driven to the appointment, you are able to drive home so long as;

1. You have not had further sedation for your procedure (in this case you will need someone else to take you home)
2. The nursing staff have judged that you have returned to your normal self
3. You are happy to drive yourself home
4. At least 30 minutes have passed since you had the Entonox (Gas & Air)

When can I take my usual medicines / tablets?

You may take your usual medicines later today and as normal tomorrow

Special instructions.....

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When I am at home how will I feel?

It is usual to feel a little bloated for a few hours as air has been put into your bowel, this will pass naturally.

You may pass a little blood when you next go to the toilet and this is likely to happen if you have had biopsies or polyps removed.

It may take a few days for the bowels to work normally again.

What if I feel unwell at home?

If you have severe abdominal pain, pass large amounts of blood, have a temperature or have chest pain you must telephone for help and advice.

Who do I telephone for advice?

Monday - Friday 8.30am - 4.30pm. Contact the Specialist Screening Practitioners on 01902 695193.

At all other times you should attend the Emergency Department at New Cross Hospital (or your local hospital if this is nearer).

You should explain that you have recently had an Endoscopy and that you are experiencing symptoms as described above. If possible, bring your copy of your Endoscopy report with you, but do not delay if you cannot find this.

Please advise the Doctor in the Emergency Department to inform the ward Gastroenterologist (9am to 5pm) or the on-call Gastroenterologist out of hours.

It may be necessary for you to stay in hospital overnight.

Useful External Agencies:

Guts UK

The Charity for the Digestive System.
3 St. Andrews Place
London NW1 4LB
Telephone: 020 7486 0341
E-mail: info@gutscharity.org.uk
Website: <https://gutscharity.org.uk>

PALS

(Patient Advisory & Liaison Services)
Patient Information Centre
New Cross Hospital
Wolverhampton, WV10 0QP
Telephone: 01902 695362
E-mail: rwh-tr.pals@nhs.net
Website: www.pals.nhs.uk

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。