

# After your Colonoscopy or Flexible Sigmoidoscopy

You have had a colonoscopy or flexible sigmoidoscopy and are unlikely to suffer any serious side effects. You may feel bloated and have mild abdominal pains. This is usually due to wind and should settle quite quickly. Severe abdominal pain or any excessive blood loss must be reported to your doctor at once.

## Discharge Home

You will be able to go home once a nurse has ensured that you are ready to do so. The nurse will discuss any discharge advice and any future appointments with you.

If you have had sedation please remember, for **24 hours**:

Please follow these instructions:

- do not drive or use public transport, someone should be available to stay with you for 24 hours
- do not drink alcohol
- do not operate machinery
- do not sign any legal documents or make any important decisions
- Do not take sleeping tablets on the same night as the procedure
- Do not smoke for four hours, as your reactions will be much slower
- Take care near the oven and kettle.

If you have had **Equanox (Gas and Air)**, there are no known side effects so you should be able to carry on with your normal daily activities.



## Contact Details

If you need any further advice between the hours of 8am-6.30pm, (Monday-Friday), please contact the Endoscopy Unit where you have had your procedure done on the telephone numbers below:

**Doncaster Royal Infirmary: Tel. 01302 381424**

**Bassetlaw Hospital: Tel. 01909 500990 Ext. 2017**

**Montagu Hospital: Tel. 01709 321154**

Alternatively, contact your General Practitioner. If you need urgent advice out of hours, please contact Accident & Emergency on the telephone numbers below:

**Doncaster Royal Infirmary: Tel. 01302 366666 Ext. 3131**

**Bassetlaw Hospital: Tel. 01909 5002048/5002148**

## Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

### The contact details are:

**Telephone:** 01302 553140 or 0800 028 8059

**Email:** [pals.dbh@dbh.nhs.uk](mailto:pals.dbh@dbh.nhs.uk).

