

You have undergone a procedure called:

Sigmoidoscopy with Sedation

You have had sedation today: it is essential that a responsible adult accompanies you home and stays with you for the next 24 hours. You should not drive a car, operate machinery, drink any alcohol, sign any legally binding document or look after young children for 24 hours.

Unless otherwise instructed by your doctor, you may resume your normal diet.

You may resume your normal prescription medicines.

There may be some slight soreness where the instrument has been but this will wear off in a day or so.

Some bloating may be experienced if air has remained in your bowel don't worry for it will resolve itself in a few hours.

Side effects to look out for:

These side effects are extremely rare but we need to make you aware of symptoms to look out for. Things to report to your doctor:

- **severe pain or vomiting**
- **passing of blood**
- **temperature greater than 100°F / 39°C**
- **redness, tenderness & swelling at the site of the I.V. injection that persist for more than 48 hours.**

Further advice about your condition and treatment including biopsy results will be given at your next outpatient appointment or can be obtained from your GP.

Contact details

If you have any questions or concerns contact your GP or call one of these numbers:

Endoscopy Unit: 01234 792269 (Monday to Friday 8am to 6pm)

Bedford Hospital: 01234 355122 ext. 2871 (Monday to Friday 8am to 6pm)

NHS Direct: 0845 46 47 (out of hours)

Follow up arrangements

- You have been spoken to by the endoscopist regarding your procedure.
- You have been spoken to by a qualified nurse regarding the result of your procedure.
- A clinic appointment with your consultant will be made for you and will arrive in the post.
- Biopsies have been taken. Results take three to four weeks to report on and will be sent to your consultant.
- If it is necessary for you to have this procedure again an appointment will be made for you.

Written by Helen Drake, endoscopy.