

Sigmoidoscopy without Sedation

Advice on Discharge

You have undergone a procedure called:

Sigmoidoscopy without Sedation

You have had this procedure today without any sedation at all. You may resume your normal activities and eat and drink as normal.

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 but 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**

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)

Written by Helen Drake, endoscopy.