



Bowel Cancer Screening Programme

POST PROCEDURE ADVICE SHEET

Today you had the following procedure(s)

Colonoscopy

Flexible Sigmoidoscopy

Please read the information overleaf which will give you some general advice on aftercare and important problems to watch out for.

Following your procedure

It is not unusual to experience some diarrhoea for a couple of days post procedure until the bowel returns to its normal function. Abdominal pain due to air introduced into your colon during your procedure can be alleviated by hot drinks, moving around and taking peppermints. You are also encouraged to pass wind which will help to ease the discomfort. This discomfort may last for several hours.

If biopsies have been taken, the results will be made known to you at your follow-up outpatient appointment or GP's surgery. If polyps have been removed the scarring will heal naturally within a week. No alteration to your normal diet will be needed for healing to take place. If large polyps have been removed you are advised not to lift heavy objects for 4-5 days. It is not unusual to have a small amount of bleeding on the first one or two times of using the toilet.

If any of the following symptoms occur, please contact the Gastroenterology Department or your GP.

- Temperature
- Severe pain
- Passing dark black stools
- Vomiting
- Breathlessness

If you have had Sedation:

You will be left to rest as you may feel sleepy. Once you have returned home, or back to your ward you may begin to eat and drink normally and resume your normal medication, unless instructed otherwise by the Doctor. If you have gone home you are advised for the first 12 hours to have someone stay with you in case of complications or problems. For 24 hours you are advised:

- NOT TO** drive a motor car or operate any machinery, inc. kettles, cookers etc.
- NOT TO** take alcohol
- NOT TO** undertake any decision regarding legal documentation

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- TO REST** quietly at home until the effects of the sedation have worn off **you have had Entonox:**

Any side effects to entonox, such as nausea, dizziness, usually wear off very quickly. You will be assessed by the nursing staff to ensure that you are ready to go home or back to the ward. You should be able to drive a motor vehicle after about half an hour.

As a safety precaution, it is advisable you follow the advice below for a minimum of 12 hours following discharge:

- NOT TO** take alcohol
- NOT TO** undertake any decision regarding legal documentation

The incidence of complications are small, but if you have any problems which you feel may be related to the procedure, please inform the Bowel Cancer Screening office or your GP as soon as possible.

Norwich Bowel Cancer Screening office, Monday – Friday, 09:00 – 17:00:

01603 286166

Emergency outside of office hours, Norfolk and Norwich Hospital A&E department:

01603 287 324