

Flexible Sigmoidoscopy

Discharge Information

Includes; Sedation,
Polypectomy & EMR

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What are the effects of the sedation?

Small amounts of sedation may remain in your body for up to 24 hours. Although you may feel wide awake you may still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light-headed and faint. For this reason you must have someone who can take you home and stay with you for the rest of the day and overnight.

For 24 hours following the procedure you:

- **MUST NOT** make important decisions
- **MUST NOT** drive a car, motorbike or bicycle
- **MUST NOT** operate machinery or household appliances e.g. cooker
- **MUST NOT** drink alcohol, take sleeping tablets or recreational drugs

What to expect following your Flexible sigmoidoscopy +/- polypectomy

You may experience mild to moderate windy pains in your stomach if some of the air has remained in your bowel.

To help relieve this it is advisable, if possible,

- to walk around
- drink warm drinks
- Peppermint water or eat some peppermints
- lie on your left hand-side if you are able

Also, going to the toilet and passing wind will help the bloated feeling.

Pain relieving tablets, such as the kind you take for a headache, may be taken at home according to the manufacturer's instruction.

Bleeding

It is not uncommon to pass a small amount of blood, from the tail end, after this procedure has been performed. Although unpleasant, this is normal and should stop within 24 hours.

Very rarely. There can be more major bleeding with fresh clots. If this happens you should seek urgent medical attention.

This can happen up to 2 weeks after the procedure.

Endoscopic Mucosal Resection (EMR)

Aftercare as per removal of polyps. Your urine may be discoloured (green) due to dye being used during the procedure.

If you experience severe abdominal pain or if you pass more than an egg-cup full of fresh red blood, please seek help immediately;

Between 0800-1800 contact your **GP** or local **A&E dept.**

Between 1800 - 0800 contact
Raigmore Hospital
on 01463 704000
and ask to speak to the
General Surgical Registrar

Results

You will be given information regarding your results following your test/s.

If we have taken samples or you need further tests you will be notified by letter of these results, usually within 14 days.