

## You should look out for any changes in your bowel habit and see your GP if this persists for more than 4 weeks:

- A persistent change in bowel habit, especially going to the toilet more often or diarrhoea for several weeks;
- Bleeding from the back passage;
- Tummy pain especially if it is severe;
- A lump in your tummy.

## Advice given by:

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Reference sources

- <https://patient.info/health/colon-rectal-bowel-cancer-colorectal/colonoscopy>
- <https://www.nhs.uk/conditions/bowel-cancer-screening/Documents/Having-a-colonoscopy.pdf>

## Contact details

### Endoscopy Department

Telephone: 01483 571122 ext 4409

## PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

Opening hours: 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: N/A

Future review date: May 2022

Author: Caroline Smith

PIN190515–1643



## Discharge information following your Lower Gastrointestinal Endoscopy

### Endoscopy Department



## Patient information leaflet

This leaflet will be given to you following a lower gastrointestinal endoscopy and will outline post procedure expectations, advice and follow up.

### Patient Addressograph

### You have had:

---

---

---

### What should I expect after this procedure?

- You may eat and drink as normal following this procedure
- You may feel bloated and this usually passes quickly. To help with this you could drink peppermint tea or eat peppermints to help the wind pass.
- It is not uncommon to pass small traces of blood from your back passage if you have had biopsies or polyps removed.

### What should I do if I develop pain or lots of bleeding?

If the bleeding is significant and/or you experience severe tummy pain please do not hesitate to contact the Endoscopy Unit during working hours (8am–6pm) on **01483 571122 Ext 4409**. Alternatively, out of hours you should contact your GP, phone NHS helpline 111 or visit your nearest Emergency Department.

### Special instructions for restarting any medications:

---

---

---

---

### Advice for patients who have had sedation

- Rest at home for the rest of the day as the sedative can make you feel tired and sleepy.
- Do not drive a vehicle, ride a push bike, operate machinery or sign anything legal for 24 hours post procedure.
- Do not drink alcohol for 24 hours post procedure.
- Ensure that you have a responsible adult with you for 24 hours after your procedure.

### Advice for patients who have not had sedation

- You are able to drive yourself home and resume all normal activities
- You may however wish to rest at home following your procedure

### If you have had polyps removed or biopsy taken

- If you have had polyps removed or biopsies taken these will be sent to the laboratory to be looked at under a microscope.
- A copy of your report and any results from samples will be sent to your GP for their records.

### If you have had Endoclips applied

- This is a small metal clip which has been applied where a polyp has been removed. This will pass in your poo within 5-10 days and should not cause you any concern or pain. This is relevant if you are due to have an MRI in the near future.

### Outcome from today's procedure: (tick which apply)

- Prescription
- Outpatient appointment
- Repeat procedure/Surveillance Endoscopy
- Scan
- Blood test
- Stool test kit every 2 years from age of 60–74 yrs.