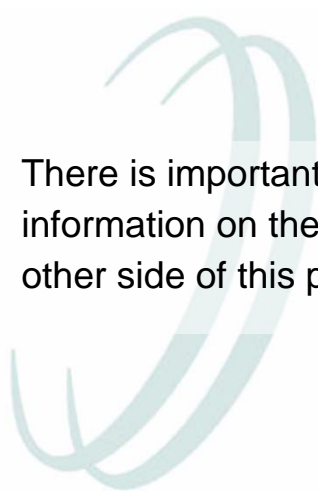


Introduction

This information is a reminder of information you should have already received. It is for people who have just had a flexible sigmoidoscopy test.

This leaflet can be made available on request in alternative formats and in other languages to meet the needs of those who are not fluent in English.



There is important information on the other side of this page.

What happens after my test?

After your test, you can rest here for as long as you need.

If you have not had a sedative, you can go home straight after the test if you wish.

After you leave hospital, you should rest for the remainder of the day and limit your activities until 24 hours has passed since your flexible sigmoidoscopy. Ask us for advice if you need it.

If you have had sedation you must have someone to stay with you overnight as you will still be drowsy with the sedative. This drowsiness can 'come and go'.

This drowsiness means you **must not**:

- Drive a car (or any motorized transport) or ride a bicycle
- Operate machinery or electrical items
- Drink alcohol or smoke
- Take sleeping tablets
- Sign any legally binding documents or make any important decisions
- Work at heights (including climbing ladders or onto a chair)
- Lock the toilet door or make yourself unreachable to the person looking after you
- Look after children on your own.

Most people feel back to normal after 24 hours.

Aftercare

After your flexible sigmoidoscopy, you may feel some discomfort from trapped air. This should settle down within a few hours. To help pass the wind, we suggest, if possible, that you walk around, drink warm drinks or peppermint water, or that you eat some peppermints.

You can take pain relief, such as the kind you would take for a headache, as you normally would, and according to their instructions.

You can start taking your normal medicines/tablets after your flexible sigmoidoscopy. Please ask if you are unsure if your medicines/tablets will be safe.

You can start eating normally again when you feel able.

It is likely that your bowel movements will be affected for a few days, but they should return to normal after that.

There is some important information on the right so you know what to do if you have any serious problems.

Aftercare (continued)

If any of the following happen within 48 hours after your flexible sigmoidoscopy, you need to seek help:

- abdominal/tummy pain that becomes more severe, and is different or more intense than any pains that you would 'usually' have
- breathing difficulties
- fever (raised temperature)
- passing a lot of blood from your bottom.

If you have had biopsies taken or polyps removed, you could pass a small amount of blood from your bottom. This is normal.

If the bleeding becomes more severe, or returns within two weeks of your colonoscopy, you need to seek help.

Contact us on this number, between 9am – 5pm Monday – Friday:

Contact your GP or nearest A&E department outside these hours.

Say that you have had a flexible sigmoidoscopy.

About this information

This leaflet is for general information only and is not a substitute for professional medical advice. Every effort is taken to ensure that this information is accurate and consistent with current knowledge and practice at the time of publication. It was developed using Southern Health & Social Care Trust information by Ms Seanin Ward. It was reviewed and adapted by the N Ireland Nurse Endoscopists Group and then approved by the regional Modernising Endoscopy Services project team.