

Results and advice after bowel cancer screening sigmoidoscopy

GI Unit

Patient Information Leaflet

Introduction

This leaflet is about your bowel cancer screening sigmoidoscopy. It gives information about how you will get your results, what you should do when you get home and contact information for if you have any problems.

Your endoscopist was: _____

Your specialist screening practitioner was: _____

Biopsies (tissues samples) have been taken: Yes No

Polyps have been removed: Yes No

How do I get the sigmoidoscopy results?

If you have had polyps removed or tissue samples taken, we will contact you within a week to arrange an appointment to discuss your results with one of the specialist screening practitioners.

If you have not received your results within 10 days of your sigmoidoscopy, please contact the specialist screening practitioners on 01902 695193 (8.30am to 4.30pm, Monday to Friday).

When can I eat and drink?

You can eat and drink straight away after the procedure. However, you may prefer to eat something light for the rest of the day. You can eat normally from tomorrow.

When can I take my usual medicines/tablets?

You can take your usual medicines later today and as normal tomorrow.

Special instructions:

What should I expect if I have had Entonox?

Entonox passes out of your system within five to 10 minutes. You may feel a little dizzy but should recover quickly.

If you have driven to the appointment, you are able to drive home as long as:

- You have not had sedation for your procedure (in this case you will need someone else to take you home).
- At least 30 minutes have passed since you had the Entonox.
- The nurses are happy that the effects of the Entonox have worn off.
- You feel safe to drive.

If you have been given sedation:

The sedation will affect your reflexes and judgement; therefore, it is very important that you follow these instructions:

- You will need to arrange for a responsible adult to take you home, either by car or taxi. You will not be able to go home on public transport.
- Someone should stay with you overnight.
- You cannot, by law, be in charge of a motor vehicle or moving machinery for 24 hours afterwards.
- You should not sign legally-binding documents for 24 hours afterwards.
- Do not drink alcohol.

The sedation we give patients for the procedure makes you comfortable but it may affect your memory for up to 24 hours. You may not remember anything about the procedure afterwards.

How will I feel when I am at home?

It is usual to feel a little bloated for a few hours as air has been put into your bowel. This will pass naturally.

You may pass a little blood when you next go to the toilet, especially if you have had biopsies or polyps removed. It may take a few days for your bowels to work normally again.

What if I feel unwell at home?

If you have severe abdominal (tummy) pain, pass large amounts of blood, have a temperature or have chest pains, you must telephone for help and advice by following the instructions on the next page.

Contact:

Specialist screening practitioners on 01902 695193
(8.30am to 4.30pm, Monday to Friday).

At all other times, go to the Emergency Department at Russells Hall Hospital or your local hospital, if this is nearer.

You should explain that you have recently had a sigmoidoscopy and describe your symptoms. If possible, bring the copy of your sigmoidoscopy report with you, but do not delay if you cannot find this.

It may be necessary for you to stay in hospital overnight.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/gastroenterology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔