

Flexible sigmoidoscopy aftercare advice

Today you have had a flexible sigmoidoscopy – an examination of your lower bowel. You are unlikely to have any serious side effects but please be aware of the following information and advice.

What to expect after your procedure

- If you have had an intravenous sedative, you may feel drowsy for several hours. You must not operate machinery, drink alcohol or sign legal documents until the next day.
- If you have had Entonox (gas and air) during your procedure you may experience some of the following side effects: dizziness, light headedness, tingling, sickness, disorientation. Side effects should pass within 30 minutes of your last dose and prior to your discharge from the unit. You can go about your normal day without any restrictions after your test.
- If you have any abdominal discomfort, this is most likely due to the air the doctor put in during the examination. This effect will not last long and may be relieved by passing wind.
- If you have had a polyp removed, you may notice some blood spotting in your bowel movement for the next 24-48 hours.
- You may eat and drink normally once you get home.
- You may feel drowsy for several hours
- You must not drive for 24 hours.

If you experience any of the following problems:

- Severe abdominal pain (not cramp caused by wind).
- A sudden passing of a large amount of blood from your back passage (a very small amount of blood is normal and needs no action).
- A firm and swollen abdomen.
- High temperature or feeling feverish.
- Vomiting.

Please contact your GP immediately, informing them that you had a flexible sigmoidoscopy.

If you experience any COVID-19 symptoms after your procedure, advice to manage your symptoms is available at www.nhs.uk/conditions/coronavirus-covid-19/.

Contact information

Up to 7 days after your procedure, contact the Endoscopy Unit (Mon-Fri 9am – 5pm) on 0118 322 7458 / 7459. Out of hours and weekends, ring Sidmouth Ward on 0118 322 7467 / 7468.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Endoscopy Unit, August 2022. Next review due: August 2024

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