

Endoscopy department

# After your endoscopy and flexible sigmoidoscopy or colonoscopy

## Information for patients, relatives and carers

### Introduction

Today you have had an endoscopic examination of your oesophagus, stomach, the first part of your small bowel (duodenum) and your bowel. You are unlikely to have any serious after-effects but:

- If you have any abdominal discomfort, this is most likely due to the air put in by the doctor during the examination and this effect will not last long.
- If you pass traces of blood from the back passage, this could be because you had biopsies taken during the examination.
- **Blood clots or large amounts of blood are not normal and should be reported to a doctor.**
- If you have a sore throat, this should only be slight and will pass over the next couple of days.

### If you have had sedation

For the next 24 hours, **you must not:**

- drive a car or ride a bicycle or motorcycle (it is considered to be driving under the influence).
- operate machinery or drink alcohol.

We advise you not to sign any legal or important documents.

### If you have had Entonox ('gas and air')

Entonox passes out of your system quickly. You may feel a little dizzy, light-headed, have nausea, tingling in your limbs and some disorientation but this will disappear once you stop using the gas.

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

- you have not had further sedation for your procedure (in this case you will need someone to take you home)
- the discharge nurse has no concerns about your fitness to drive and that you are fit for discharge.
- at least 30 minutes have passed since you had the Entonox

You may eat and drink as normal.

## Symptoms to watch out for when you get home

If you become unwell during the next 48 hours, develop persistent or worsening abdominal pain, or excessive bleeding please come to A&E immediately.

If you have more minor concerns do not hesitate to contact the nurses or your GP

The endoscopy unit opening hours are Monday to Friday, 08.00 to 18.00

Phone number: 020 3313 2645

Out of normal hours, in an emergency, you can also telephone the switchboard of St Mary's Hospital on 020 3312 6666 and asks to speak to the 'gastroenterology registrar on call'.

The A&E Unit is open 24 hours, 020 3312 1234.

If you attend A&E or are admitted to the hospital after your discharge, please ensure to take the copy of your report with you.

The unit will send a copy of your report to your GP the day after your procedure. However, it is our experience that many GPs may not have this report on their system for about 10 days to 2 weeks following your procedure.

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

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Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:  
[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

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