

Advice after a flexible sigmoidoscopy

Endoscopy Department

Information for Patients

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If you have had sedative medicine:

For 12 hours you should:

- be accompanied by a responsible adult.

For 24 hours:

- do not drive a car or ride a bicycle.
- do not drink alcohol.
- do not operate any machinery or do anything which needs skill or judgement.
- do not make important decisions or sign any documents.
- do not climb ladders.
- do not return to work until after this period of time.

General advice

- Go home and rest.
- You may eat and drink as normal.
- You may feel a little bloated with wind pains but these usually settle quickly; if not contact your GP.
- You may have mild diarrhoea for up to a week. If you have any bleeding that lasts longer than 2 days, please contact your GP.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

When to seek help

Go to your nearest Emergency Department immediately if you have any of the following (this is especially important if you are taking immunosuppressant drugs e.g. steroids, azathioprine, cyclophosphamide or methotrexate):

- Severe tummy (abdominal) pain.
- Passing red or tarry black poo (stool).
- A fever with or without shivering.

Endoscopy Department contact details

Leicester General Hospital:	0116 258 4357
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130 or 0116 258 3166
Hinckley and District Hospital:	01455 441970
Loughborough Hospital:	01509 564406
Melton Mowbray Hospital:	01664 854904
St Luke's Hospital Market Harborough:	01858 448344

If the department is closed and your GP is unavailable, you can contact the NHS helpline on 111 or ward 42 at Leicester Royal Infirmary 0116 2586284.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk