

Endoscopy procedure aftercare

(Eastern services)

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Following your Colonoscopy / Sigmoidoscopy:

- You may experience some bloating/wind and/or discomfort, this usually passes in a few hours after the procedure – moving around may help to relieve this
- You may experience mild diarrhoea for up to a week
- If we have removed bowel polyps, slight bleeding after the procedure is not uncommon. However, if the bleeding is more than an egg cup or you have concerns, please contact the Endoscopy Unit in hours on **01392 402400** or **111** out of hours.

Following your Gastroscopy / EUS (Endoscopic ultrasound):

- You must not eat or drink anything for 30 minutes after the local anaesthetic throat spray because your throat will be numb and there is a risk of choking/aspiration
- You may experience a sore throat in the first couple of days after your procedure; you can take regular painkillers if needed and drink plenty of fluids
- You may feel a little bloated for the rest of the day if some air has stayed in the tummy – this is normal
- You may have blood-tinged saliva. Tissue samples may be taken, if indicated.

If you have had sedation:

- It is important that for the next 24 hours you have someone stay with you and to observe the following instructions:
- **Sedation may make you feel drowsy later on and cause intermittent memory lapses**
- **Do not** drive a car or any other vehicle including bicycles (note that your insurance is invalid if you do so)
- **Do not** operate machinery or appliances such as cookers and kettles
- **Do not** make important decisions or sign important documents
- **Do not** drink any alcohol
- **Do not** return to work whilst under the effects of the sedative
- **Do not** lock the bathroom or toilet door, or make yourself inaccessible to the person looking after you
- Drink plenty of fluids and eat a light diet. Rest, do not undertake strenuous exercise or activities.
- After 24 hours, the effects of the sedation should have worn off and you should be able to resume normal activities

Take things easy for the next 24 hours and if you have any problems, contact your GP. (If you are unable to speak to your doctor, contact **NHS helpline on 111 for advice.**)

For non-urgent queries please contact the Endoscopy Department on **01392 402400** within the hours of

08:00-18:00 Monday to Saturday. (At other times call 111.)

If you experience severe pain in your abdomen, a firm and swollen abdomen, vomiting, fever, worsening chest pain or major bleeding, you should call 999 or go to your nearest Emergency Department. Please take a copy of your Endoscopy report with you.

Your notes

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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