

Endoscopy Procedure Aftercare

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:

- You must not eat or drink anything for 1 hour 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 as sample tissues 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, in case of an emergency situation you should call 999 or go to your nearest Accident and Emergency Department. Please take a copy of your Endoscopy report with you.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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