

Exeter, Mid, East and Northern Devon Bowel Cancer Screening Colonoscopy/ Sigmoidoscopy aftercare advice

(Trust-wide services)

Other formats

If you need this leaflet in another format such as audio CD, 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 and 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 half an egg cup or you have concerns, please contact the Bowel Cancer Screening office on **01392 404645**, Monday to Friday 8am-4pm or your local Endoscopy Department:

Exeter Endoscopy Unit - Tel: 01392 402400, Monday to Saturday, 8am–5pm

North Devon Endoscopy Unit - Tel: 01271 349180, Monday to Friday, 8am–6pm

Please call **111** if out of hours.

If you have had a sedation:

- Sedation may make you feel drowsy later on and cause intermittent memory lapses.
- It is important that for the next 24 hours, you have someone stay with you and to observe the following instructions:
 - **Do not** drive a car/ other vehicle including bicycles - your insurance is invalid if you do so.
 - **Do not** operate machinery or appliances such as cookers and kettles.

- **Do not** sign any legally binding agreements or make important decisions.
 - **Do not** drink any alcohol.
 - **Do not** return to work whilst under the effect of the sedative.
 - **Do not** lock the bathroom or toilet door, or make yourself inaccessible to the person looking after you.
 - **Do not** take sole care of any dependent adults or children
 - 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.

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

For non-urgent enquiries please contact the Bowel Cancer Screening office on: **01392 404645**, Monday to Friday 8am-4pm.

What happens now?

If agreed, a bowel cancer screening practitioner will give you a courtesy call the next working day to check that you are okay and discuss any aspect of your colonoscopy. If required, you will be advised of your results and any possible follow up appointments within two weeks.

On discharge, you will be informed on when to restart your blood thinning medications if applicable. Any enquiries on this please speak to the endoscopy discharge nurse, refer to your procedure report or phone Bowel Cancer Screening office.

Side effects

We would be grateful if you could tell us about any side effect that you think may be related to your colonoscopy, so that we can monitor our service and continue to improve it.

- Excessive bleeding from your bottom following the procedure, more than half an egg cup full
- Pain
- An unexpected visit/admission to hospital relating to the colonoscopy you had today within **30 days**.

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 →

Royal Devon University Healthcare NHS Foundation Trust
www.royaldevon.nhs.uk

Eastern services
Royal Devon and Exeter Hospital
Barrack Road, Exeter
Devon EX2 5DW
Tel: 01392 411611

Northern services
North Devon District Hospital
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577

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 sites or in community settings.

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