



A guide to...

After care for Flexible Sigmoidoscopy and Insertion of Stent

Patient Information

How to contact us

Endoscopy departments

Hemel Hempstead 01442 287968

Watford 01923 236095

If you need an interpreter, please contact the endoscopy bookings team

If you need this leaflet in another language, large print, Braille, or audio version,
please call **01923 217 198** or email westherts.pals@nhs.net



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Ratified / Review Date	Aug 2022 / Aug 2025
ID Number	25-2043-V11



For patients who have had sedation

Because of the lingering effects of the drugs used it is important that you rest for the remainder of the day and that you have someone to stay with you overnight.

It is also important that you do not drive, return to work, operate machinery, sign legal documents, work at heights (including climbing ladders or onto a chair), take sleeping tablets or drink alcohol for 24 hours afterwards.

For patients who have had a Flexible Sigmoidoscopy

For some time after the test your tummy may feel bloated. The air that was introduced into your bowel during the procedure causes this.

This discomfort should settle on its own but you may find massaging your tummy and passing wind helps. You may also find that you experience a small amount of bleeding from your bottom when you first have your bowels open following the test. This is quite normal and should soon settle.

You may now eat and drink normally but you may find that you pass loose motions for several days.

It is important that your bowel motions are kept soft after stent insertion. The doctor will suggest some laxatives to take.

If after the investigation you experience a fever, severe tummy pain or bleeding (more than an eggcup full), please attend your nearest acute Accident and Emergency department taking with you this leaflet and a copy of your endoscopy report.

- Accident and Emergency at Watford on 01923 217 256 or your nearest Accident and Emergency.
- Please note: there is **NO** Accident and Emergency at Hemel Hempstead or St Albans Hospitals.

Who can I contact if I have any questions?

Please do not hesitate to telephone the department on **01923 244 366, ext: 3134** for Watford General Hospital (Monday to Friday 9.00am – 5.00pm).

You may have been given a drug called Buscopan to relax the bowel. Very rarely this can cause acute glaucoma (pressure build-up in the eye) If you develop any eye pain or change in your vision, please seek immediate medical attention at the Accident and Emergency department.

Your named nurse today was:

Follow up care:

The following arrangements have been made for you:

- You are being discharged back to your GP.

Please make an appointment with your GP directly if your symptoms persist.

- You need to be seen in outpatients.

This appointment will be sent to you in the post.

- You need another endoscopy in _____

You will be contacted nearer the time to arrange this.

- You require another test (please state) _____

This appointment will be sent to you in the post.

Please note that a copy of your endoscopy report and of any specimens taken will be sent directly to the doctor who requested the test and your own GP.