

Patient Feedback / Involvement

In order to maintain our exceptional standard of care Nuffield Health host regular feedback meetings with our patients.

We consider patient feedback and involvement in the continuous development of our service to be one of our highest priorities.

If you would like to attend our next meeting or have any feedback please get in touch using the email address below.

Endoscopy contact email:

hobkh.endoscopy@nuffieldhealth.com

IMPORTANT INFORMATION:

Please keep this leaflet for 30 days after your procedure

If you need to attend a hospital within 30 days of your procedure it is important you inform us as soon as possible using the contact number on the front of this document.

Title: Flexible Sigmoidoscopy post procedure advice
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Issue Date: 09/2023
Review Date: 09/2025



Flexible Sigmoidoscopy

Post procedure advice for patients

What if I feel unwell at home?

If you have severe abdominal, chest or neck pain, pass large amounts of blood, have a fever or feel disoriented you **must** telephone for advice.

You may need to attend your local Accident and Emergency department with a copy of your procedure report.

If you were given Buscopan to relax your stomach during the procedure please telephone for advice if you experience painful eyes +/- redness, blurred / foggy vision, nausea / vomiting or problems passing urine.

Who do I telephone for advice?

The Holly Hospital switchboard	02085053311
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Cedar ward	02089361228
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In an emergency call 999

Flexible Sigmoidoscopy Procedure		
Procedure date:		
<i>(Affix patient label)</i>		
<i>To be completed by discharge nurse & discussed with the patient</i>		
	Y	N
Copy of the procedure report given to the patient		
Biopsies (tissue samples) were taken		
Polyps removed		
Follow up information:		
You will receive an outpatient clinic appointment		
Make an appointment to see your GP		
Wait for a letter from your consultant		
You will receive a follow up call		
Follow up call appointment date / time:		
You will require a repeat surveillance procedure in:	<i>(weeks/months/years)</i>	
<i>Please Note: The national guideline for a repeat procedure may change before you are recalled. You will be informed if the time interval changes.</i>		
Aftercare Advice:		
When can I eat and drink?	IF you were given sedation you can eat and drink when you feel fully awake.	
Additional Instructions:		
When can I take my usual medicines / tablets?	You may take your usual medicines later today and as normal tomorrow.	
Special Instructions:		

What instructions should I follow for the next 24 hours?

The medication used for sedation can remain in the body for 24 hours. It can impair your reflexes and judgement. It is very important that you follow these instructions for 24 hours.

- You should go straight home and have a responsible adult with you overnight
- Be careful using social media
- You should not drive for 24 hours (car insurance may be invalid)
- You should not return to work, look after dependents, cook or operate machinery
- You should not drink alcohol or take sleeping tablets
- You should not make important decisions or sign any legally binding documents

When I am at home how will I feel?

It is usual to feel a little bloated for a few hours as air has been put into the bowel, this will pass naturally.

IF you were given sedation you may feel drowsy for the remainder of the day. It is important to follow the instructions above.

You may pass a little blood when you next go to the toilet this is likely if you have had biopsies or polyps removed.

It may take a few days for the bowels to work normally again.

Additional Notes: