

Advice following a colonoscopy or sigmoidoscopy with sedation

Information and advice for patients

Endoscopy

You have had a colonoscopy or sigmoidoscopy with sedation. This means you may feel drowsy for up to 24 hours. **You will need someone to take you home and stay with you for the next 12 hours.**

Pain

You may experience some tummy pain and discomfort following this procedure due to the air we have put into your bowel. Walking around and taking simple painkillers such as paracetamol will help. You may also pass small amounts of blood following the test, this is normal.

Normal activities

For the next 24 hours it is important that you do not:

- operate machinery
- drive a car - it is illegal to drive under the influence of midazolam (a medication used for procedural sedation)
- drink alcohol
- sign any legal documents

Results

We will send a copy of your colonoscopy or sigmoidoscopy report to the doctor or nurse who referred you for the procedure.

We will also send a copy of this to your GP.

If your GP referred you for the procedure please make an appointment to see them.

Follow-up

You were referred for this appointment by: _____

A follow up appointment has been arranged for: _____

Symptoms to report

Please contact us if you experience any of the following symptoms after this procedure:

- Breathing problems
- Severe pain in your tummy
- Passing a lot of blood or blood clots from your back passage
- Appearing pale
- Clammy skin (cold, moist skin)
- A temperature of 38°C or higher

Contact details

Please contact us on one of the following numbers if you have any questions or concerns:

Daytime

Sandwell Health Campus

Endoscopy Unit Tel: 0121 507 2489

8am – 6.30pm Monday – Friday

Birmingham Treatment Centre, City Health Campus

Endoscopy Unit

Tel: 0121 507 6450 8am – 6.30pm Monday – Saturday

MMUH Endoscopy Unit

Tel: 0121 507 5800

8am – 6.30pm Monday – Friday

Evening and weekends

Ward C8 Gastroenterology, MMUH

Tel: 0121 507 3890 overnight 6.30pm- 8am Monday – Saturday and all day Sunday

Further information

Conditions - Guts UK (gutscharity.org.uk)

<https://gutscharity.org.uk/advice-and-information/conditions/>

For more information about our hospitals and services please see our website

www.swbh.nhs.uk, follow us on X @SWBHnhs and like us on Facebook

www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

Academy of Medical Royal Colleges (2013). *Safe sedation practice for healthcare procedures*. [Online]. London: AOMRC. Available at <https://www.bsg.org.uk/wp-content/uploads/2019/12/AOMRC-guideline-on-safe-sedation-practice-for-healthcare-procedures.pdf> [Accessed 04 October 2022]

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