

## Patient information factsheet

# Flexible sigmoidoscopy (F1) aftercare advice

**You have had a flexible sigmoidoscopy today** .....

Sigmoidoscopy is a procedure where a doctor or nurse looks into the rectum and sigmoid colon (the final part of the bowel that is joined to the back passage), using an instrument called an endoscope.

You have not had any sedation so it is ok to carry out your normal daily activities.

Patient sticker	Biopsies	
	Polyps removed	
	Diathermy used	
	Dye spray	

Tick boxes as required

**Advice given by:** Signature ..... Print name .....

### What to expect

After the procedure you may experience some windy, cramp-like pains (due to the air we passed through the endoscope). This is normal and should settle within 24 to 48 hours. As a result of any specimens taken or polyps removed, you may pass some blood from your back passage. This is normal, and again, should settle within 24 to 48 hours.

If the pain does not settle, or you are at all concerned about your recovery, please contact the endoscopy unit on **023 8120 3186** (8am to 6pm) or your GP.

If you cannot contact either of these or your concern is out-of-hours, please contact the emergency department on: **023 8120 6220**.

**If you experience any severe bleeding from your back passage or extreme cramp-like pains in your stomach (abdomen), you must go to your nearest emergency department. Take this sheet with you.**

You can get further advice by calling 111.

When you are discharged from the endoscopy unit you should be given:

- a copy of your consent form
- an advice sheet on what you should and shouldn't do
- follow-up advice
- a verbal explanation of what we have done to you today and what we have found
- a prescription if required

If you need to see a GP within the next two weeks, please take this factsheet with you.

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If we are arranging an appointment for you to be seen in outpatients, a letter will be sent to you by post.

Please ask the nursing staff if you have any questions about your treatment or services within the endoscopy unit.

**If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.**