

## Patient information factsheet

# Colonoscopy (C1) aftercare advice

### You have had a colonoscopy today .....

A colonoscopy is an examination of your large bowel using a colonoscope (which is a long, flexible tube attached to a small camera and light that is inserted into your rectum and up into your bowel).

As you have had a sedative injection, your physical and mental capabilities may be affected and you may feel drowsy. For your own safety and the safety of others, you should follow the advice below:

- **Do not** drive or ride any type of bicycle for at least 24 hours.
- **Do not** operate any type of electrical or mechanical equipment / machinery for at least 24 hours.
- **Do not** sign any legally binding documents for at least 48 hours.
- **Do not** drink any alcohol for at least 24 hours.
- **You should not** be responsible for young children, disabled or dependent relatives for at least 24 hours.
- Continue to take your normal medication unless you're advised otherwise.
- You can eat as you normally would.
- Rest quietly for the remainder of the day and if possible have someone stay with you overnight.

|                 |                |                          |                        |
|-----------------|----------------|--------------------------|------------------------|
| Patient sticker | Sedation       | <input type="checkbox"/> | Tick boxes as required |
|                 | Biopsies       | <input type="checkbox"/> |                        |
|                 | Polyps removed | <input type="checkbox"/> |                        |
|                 | Diathermy used | <input type="checkbox"/> |                        |
|                 | Dye spray      | <input type="checkbox"/> |                        |

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

After the procedure you may experience some windy, cramp-like pains (due to the air we passed through the colonoscope). This is normal and should settle within 24 to 48 hours.

As a result of any specimens taken, or polyps (abnormal growths) removed you may pass some blood from your back passage (rectum). 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**.

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**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.

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.**