

## 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 you can carry out your normal daily activities.

Patient sticker	Biopsies	
	Polyps removed	
	Diathermy used	
	Dye spray	

### 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 **07500 761793** (every day, 8am to 6pm) or your GP.

**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 NHS Direct on **111**.

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When you are ready to leave the endoscopy unit we will give you:

- a copy of your consent form
- an advice sheet on what you should and shouldn't do
- follow-up advice
- a prescription if required

We will also explain what we have done today and what we have found.

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, we will send you a letter by post.

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

If you need any further advice not covered here, or if you have any complaints, comments, concerns or compliments, please telephone our patient advice liaison service (PALS) on **023 8120 6325**, or email **PALS@uhs.nhs.uk**

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