Colonoscopy discharge information

IF YOU HAVE HAD SEDATION
Your procedure will normally have been carried out with a sedative injection. Because of this you must have a responsible adult to take you home and stay with you for the next 24 hours.

Following your colonoscopy, small amounts of sedation will remain in your body for up to 24 hours. During this period, although you may feel wide awake you may still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light headed or faint. It is for these reasons that for 24 hours after your procedure you should not:

- Operate machinery or household equipment (kettle, cooker)
- Drive a car or motorcycle
- Take any alcohol or drugs other than those prescribed
- Sign any legal documents
- Look after young children or dependants alone.

INFORMATION FOR BOTH SEDATED AND NON SEDATED PATIENTS

What to expect

Bleeding
It is not uncommon to pass a small amount of blood after this procedure. If, however, you pass more blood than this, do not hesitate to contact the Endoscopy Unit.

Discomfort from trapped air
You may feel bloated if some of the air has remained in your bowel. To help relieve this it is advisable, if possible to walk around, drink warm drinks or peppermint water or eat some peppermints. This will help you pass the wind. You may resume a normal diet when you feel able.

Pain relieving tablets, such as the kind you would take for a headache, may be taken at home according to the manufacturers instructions.

If pain persists or you develop severe abdominal pain in the first 24 hours, do not hesitate to contact the Endoscopy Unit from 9am to 5pm on 01895 279214.
Outside of these hours please contact your GP/NHS Direct or the A+E Department.
If you have biopsies taken or polyps removed

If a polyp has been removed or a biopsy taken from the bowel, this will be sent to the laboratory to be analysed. When a polyp has been removed you may pass small amounts of blood from your bottom when you go to the toilet. If bleeding persists or returns up to two weeks following the procedure, please contact the Endoscopy Unit on:

01895 279214

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<tr>
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<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Prescription given</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Bloods/Xray/Scan</td>
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<td>No</td>
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<tr>
<td>Outpatient appointment</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Repeat Colonoscopy</td>
<td>Yes (if yes when)……………</td>
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Languages/alternative formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973.