

Introduction

This information is a reminder of information you should have already received. It is for people who have just had a flexible sigmoidoscopy test.

This leaflet can be made available on request in alternative formats and in other languages to meet the needs of those who are not fluent in English.

There is important information on the other side of this page.

After your Flexible Sigmoidoscopy

What happens after my test?

After your test, you can rest here for as long as you need.

If you have not had a sedative, you can go home straight after the test if you wish.

If you have received entonox, there are a few side effects associated, these include:

- Dizziness
- Light headedness
- Tingling
- Sickness
- Disorientation

These effects are normally short-lived and should have passed before you are allowed to leave the department. There are no formal restrictions on you now and providing you are fit for discharge, you will be able to go about your normal daily activities within 30 minutes.

If you have had sedation, you must have someone stay with you

overnight as you will still be drowsy with the sedative. This drowsiness can ‘come and go’.

This drowsiness means you must not:

- Drive a car (or any motorized transport) or ride a bicycle.
- Operate machinery or electrical items
- Drink alcohol or smoke
- Take sleeping tablets
- Sign any legally binding documents or make any important decisions
- Work at heights (including climbing ladders or onto a chair)
- Lock the toilet door or make yourself unreachable to the person looking after you.
- Look after children on your own.

Most people feel back to normal after 24 hours.

Aftercare

After your flexible sigmoidoscopy, you may feel some discomfort from trapped air. This should settle down within a few hours. To help pass the wind, we suggest, if

possible, that you walk around, drink warm drinks or peppermint water or that you eat some peppermints.

You can take pain relief, such as the kind you would take for a headache, as you normally would, and according to their instructions.

You can start taking your normal medicines / tablets after your flexible sigmoidoscopy. Please ask if you are unsure if your medicines / tablets will be safe.

You can start eating normally again when you feel able.

It is likely that your bowel movements will be affected for a few days but they should return to normal after that.

If any of the following happen within 48 hours after your flexible sigmoidoscopy, you need to seek help:

- Abdominal / tummy pain that becomes more severe and is different or more intense than any pains that you would 'usually' have.
- Breathing difficulties
- Fever (raised temperature)
- Passing a lot of blood from your bottom.

If you have had biopsies taken or polyps removed you could pass a small amount of blood from your bottom. This is normal.

If the bleeding becomes more severe or returns within two weeks of your sigmoidoscopy, you need to seek help.

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Contact us on this number, between 8am – 6pm Monday – Thursday
8am – 2pm Friday

Whiteabbey Endoscopy Unit
Tel: (028) 90552464

Antrim Day Procedure Unit
Tel: (028) 94424758

Mid Ulster Endoscopy Unit
Tel: (028) 79366767

Causeway Day Procedure Unit
Tel: (028) 70346105

Outside of these hours please contact:

Ward C3, Antrim Area Hospital
Tel: (028) 94424786