

# Advice after a colonic polypectomy or endoscopic mucosal resection (EMR)

Endoscopy Department  
Information for Patients

Produced: July 2026

Review: July 2027

Leaflet number: 1057 Version: 6

## **If you have had sedative medicine:**

### **For 12 hours you should:**

- be accompanied by a responsible adult.

### **For 24 hours:**

- do not drive a car or ride a bicycle.
- do not drink alcohol.
- do not operate any machinery or do anything which needs skill or judgement.
- do not make important decisions or sign any documents.
- do not climb ladders.
- do not return to work until after this period of time.

## **General advice**

- Go home and rest.
- You will be given something to eat and drink before discharge and may continue to eat and drink as normal.
- General abdominal discomfort and swelling is often due to retained colonic air.
- You may feel a little bloated with wind pains but these usually settle quickly. Changing position and going to the toilet to pass wind will help.
- You may have mild diarrhoea for up to a week.
- Small amounts of rectal bleeding are not of concern.
- Small bleeding may occur 7 to 14 days after, due to secondary haemorrhage.

## **When to seek help**

You should contact the Endoscopy Department where your procedure was carried out, if you have any of the following:

- Sudden tummy (abdominal) pain, particularly if it is severe and persistent.
- Heavy bleeding.
- Vomiting blood.
- Passing jet black poo (stool).

If the department is closed, contact your GP for advice. Should neither be available and if you have heavy bleeding and/ or severe pain, go to the Emergency Department or call the NHS helpline on 111 for an ambulance.

You will be given a copy of your endoscopy report in case you need to go to the Emergency Department, which you should take with you.

## Endoscopy Department contact details

Endoscopy Department can be contacted Monday to Sunday - 8am to 6pm:

|                             |               |
|-----------------------------|---------------|
| Leicester General Hospital: | 0116 258 4183 |
| Leicester Royal Infirmary:  | 0116 258 6997 |
| Glenfield Hospital:         | 0116 258 3130 |

Health information and support is available at [www.nhs.uk](http://www.nhs.uk) or call 111 for non-emergency medical advice. Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
 ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے زبان میں دیکھنا چاہتے ہو، تو 'ਕਿਰਪਾ' کر کے 'ਹੇਠਾਂ' ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ' ਟੈਲੀਫੋਨ ਕਰੋ।  
 إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
 Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu  
 જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)

**We are a research hospital and you may be asked to take part in research**

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