

# Advice after a flexible sigmoidoscopy

Endoscopy Department

Information for Patients

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## 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 may eat and drink as normal.
- You may feel a little bloated with wind pains but these often settle quickly. If not contact your GP.
- You may have mild diarrhoea for up to a week. If you have any bleeding that lasts longer than 2 days, please contact your GP.

**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)



## When to seek help

Go to your nearest Emergency Department right away if you have any of the following symptoms:

- Severe tummy (abdominal) pain
- Severe chest pain
- Vomiting blood
- Passing red or tarry black poo (stool)
- A fever with or without shivering

This is especially important if you are taking immunosuppressant drugs like steroids, azathioprine, cyclophosphamide or methotrexate.

## Endoscopy Department contact details

Leicester General Hospital:	0116 258 4357
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130 or 0116 258 3166
Hinckley Community Diagnostic Centre:	0116 502 1614
Loughborough Hospital:	01509 564406
Melton Mowbray Hospital:	01664 854904
St Luke's Hospital Market Harborough:	01858 448344

If the department is closed and your GP is unavailable, you can contact the NHS helpline on **111** or ward 42 at Leicester Royal Infirmary **0116 258 6284**.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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)