

Advice after an endoscopic polypectomy or endoscopic mucosal resection (EMR)

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 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.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- 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, during opening times (Monday to Sunday, 8am to 6pm), 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).

At any other times contact your GP for advice, or when your GP is unavailable call Ward 42 at the Leicester Royal Infirmary on 0116 258 6284. 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

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

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 equality@uhl-tr.nhs.uk