

SIGMOIDOSCOPY

What happens after my Sigmoidoscopy?

You will be **transferred** into the recovery room to rest. You might feel some cramping and bloating in your abdomen because of the gas that entered your bowel during the test. This will go away quickly when you pass wind. Sitting on the toilet or walking around can help with this.

You will be offered a drink and a light snack. Please tell your nurse if you have any food allergies before eating.

If you've had sedation, you might feel a little unsteady or wobbly on your feet until the sedation has worn off, so please take extra care when standing up and walking.

Before you go home

Before you go home you will be provided with information about your test and discharge instructions. If your specialist has taken samples of your bowel lining (biopsies), you may need to go back to your specialist when the results are available. This can normally take 7 to 10 days. An appointment card will be sent to you if your specialist needs to see you again.

A report will be sent to your family doctor or the consultant who referred you for the test.

If you've had sedation, you **must** be taken home by a responsible friend or family member and be cared for that day and night, or have someone on hand in case of any problems.

Please note: If clips have been used to stop bleeding in your bowel, you will be provided with further information if required.

What should I do when I get home?

Return to your normal diet, unless your specialist has given you specific advice
Most people can return to their normal activities the next day.

Concentration

For at least 12 hours, if you have had sedation you must not:

- Drive a car or motorcycle (this is against the law)
- Operate machinery
- Make any important decisions or sign any legal contracts (the medicine used may temporarily reduce your understanding/impair judgment)
- Drink any alcohol or take sleeping tablets.

What complications could there be?

You may notice some bleeding when you have a bowel movement for the first time after the test. This is quite normal and can happen if your specialist took samples of your bowel lining (biopsies) or removed growths (polyps).

If the bleeding doesn't stop or is heavy (more than half a cup), or if you have any of the following symptoms in the hours or days following your test, contact your doctor or Grace Hospital immediately on 07 577 5270.

- Generally feel ill with or without headache, chills or muscle aches
- Have a high temperature/fever
- Begin to have bright red bleeding from your bottom – more than half a cup
- Have feelings of dizziness, shortness of breath or feel faint
- Start to get sharp pains in your abdomen or if you start vomiting
- Get discomfort/irritation in your anus
- Any symptoms you are worried about

This pamphlet is a general guideline and does not replace the information provided by your specialist.

For more information on what to expect before your sigmoidoscopy, please download the pamphlet from our website. *Link information to be supplied.*

PI 12 08/18