

What to expect after Your Colonoscopy – Discharge leaflet

This leaflet will explain:

- What happened during your procedure
- What will happen after your procedure
- The normal after-effects of the procedure
- The after effects of any drugs given during the procedure
- What to do if you feel unwell after the procedure

What was found in my bowel?

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What will happen now, when will I get the results of any specimens taken?

- ☐ No further follow up is required
- ☐ You require another endoscopy.....Date.....
- ☐ You require another investigation.....Date.....
- ☐ You require an outpatient appointment.....Date.....
- ☐ A copy of your results will be sent to your consultant ----- who is responsible for arranging any follow-up appointments
- ☐ A copy of your results will be sent to your GP who will follow you up. Please check that your GP practice has received your results before making an appointment

Please note:

You may have been told that you require a further surveillance colonoscopy in the future .i.e. to look for further polyps, a family history of bowel cancer or to assess inflammatory bowel disease. If this is the case, your notes will be re- assessed at least two months prior to the due date. This will ensure that your procedure is still indicated in accordance with latest guidance.

What are the normal after-effects of the procedure?

You may find that you have some discomfort, you may experience a feeling of wind or bloating. This will usually pass within 24 hours as you move around. Peppermint tea is an effective remedy to help disperse the excess wind/bubbles.

If you have had a polyp removed or biopsy taken you may experience some slight bleeding (a teaspoon) from your back passage. This is normal and should settle within 4 to 6 hours.

On rare occasions some patients have heavy bleeding (more than half a cup full), severe abdominal pain, chest pain or pain in the tips of the shoulders. If any of these rare post procedure symptoms occur please present to A&E with a copy of your colonoscopy report as it may indicate a perforation to your bowel wall.

What are the after-effects of the medication injection?

The medication you received was:

- ☐ Buscopan
- ☐ Midazolam
- ☐ Fentanyl
- ☐ Entonox
- ☐ None

Buscopan

Very rarely patients can develop severe eye pain within 24 hours of receiving Buscopan. If this happens you must seek medical advice as you may have an undiagnosed condition called Glaucoma. You should go to the eye casualty at Newcastle RVI or Sunderland Eye Infirmary and explain you have been given Buscopan. If you have Glaucoma and are on treatment for this there is no danger that Buscopan can adversely affect your eyes.

Midazolam & Fentanyl

Midazolam is a sedative and Fentanyl is a pain killer. Both of these medications can affect your mental ability to think clearly for up to 24 hours after they are given, even though you may feel wide awake. For this reason you will need to have someone to look after you when you get home and stay overnight with you.

For 24 hours after the procedure you should not do any of the following:

- Drive a vehicle or motorbike
- Use kitchen appliances such as a cooker or kettle
- Have a bath or shower unsupervised
- Look after children on your own
- Go to work
- Operate potentially dangerous machinery
- Sign any legal documents

- Drink any alcohol
- Take sleeping medication
- Take any recreational drugs
- Breastfeed

Entonox

Entonox is very safe for the majority of individuals, but it can cause mild nausea, dizziness and a dry mouth. As the effects of the drug wears off very quickly, so do the side effects.

One of the benefits of Entonox is that once your procedure is over, the gas is rapidly eliminated from your body and you are usually safe to leave the department soon afterwards. Unlike intravenous sedation, you are permitted to drive just 30 minutes after the procedure as long as you feel back to your normal self.

What if I feel unwell after the test?

Contact the endoscopy department or your GP if you are worried about any symptoms you experience up to 24 hours after your procedure.

It is very important that if you experience severe abdominal pain, chest pain, pain in the tips of your shoulders or pass more than a half a cup full of blood, up to two weeks after the procedure, you must seek urgent advice from either your GP or the A&E department.

If you are admitted to hospital within 30 days of this Colonoscopy procedure, please contact us on the telephone numbers below:

Contact:

In office hours: 08:30-17:30 contact the Endoscopy Department on 0191 7371089 or 0191 7371070

Contact your GP practice within their normal opening hours

Out of Hours: NHS Direct on 111 or attend your local A&E Department

Data Protection

Any personal information may be kept confidential. There may be occasions where your information needs to be shared with other care professional to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information via Tyneside Surgical Services website.

This leaflet can be made available in other languages and formats upon request