

Endoscopy Unit

# Following a Sigmoidoscopy: With Sedation

Discharge advice  
for patients

A large, stylized white wave graphic that starts from the right side of the teal background and curves downwards and to the left, ending near the bottom left corner of the teal area.

Patient's Name: .....

Hospital Number: .....

You have been given an injection that has a sedative and amnesic effect. This takes 24 hours to wear off completely so you must stay indoors, and should also have someone with you for 24 hours following your procedure.

**For 24 hours:**

- **DO NOT DRIVE**
- **DO NOT OPERATE MACHINERY**
- **DO NOT DRINK ALCOHOL**
- **DO NOT GO TO WORK, REST AT HOME**
- **YOU ARE ADVISED NOT TO SIGN ANY LEGAL DOCUMENTS**

Your bowels may feel painful and distended. This is caused by the air we put in your bowel. This is normal and should pass off without treatment.

Some spotting of blood is also common after the procedure and should settle within 24 hours.

If you feel unwell after your procedure and have worsening abdominal pain, vomiting, bleeding from the back passage that does not stop or gets worse or any other worries, please contact the endoscopy unit where you had your procedure. The numbers can be found at the end of this leaflet. The endoscopy units are open from 8.30 am to 6.00 pm, Monday to Friday.

If you are unwell and need advice when the endoscopy units are closed, we advise that you:

- Attend A&E if you think you require **immediate** medical attention
- Contact the gastro registrar on call for further advice

To contact the gastro registrar on call you should: ring the hospital switchboard on **(0113) 243 3144** and then ask for the gastro registrar on call on bleep 4770. You may have to wait a few minutes until the call is connected.

Here is some additional information your GP may find helpful if the need arises:

Type of medication given:

Midazolam ..... Pethidine ..... Fentanyl .....

Tissue sample taken: Yes  No

Polypectomy: Yes  No

Treatment carried out: .....

**Follow-up care: Any enquires regarding your outpatient appointment should be directed to your consultant's secretary.**

## Contact details

LGI: (0113) 392 8675  
St. James's: (0113) 206 8279  
Wharfedale: (0113) 392 1708



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