

# Patient information:

## Colonoscopy Aftercare

Author: Judy Dron - Clinical Endoscopist  
Endoscopy Unit



James Paget  
University Hospitals  
NHS Foundation Trust

---

### Following your Colonoscopy:

- You may eat and drink as normal
- Take your medication as normal
- Report to your GP or Accident & Emergency (A&E) if you develop persistent or worsening abdominal pain
- You have had Buscopan® Yes  No   
If you develop symptoms such as pain in the eye, blurred vision, haloes round lights, nausea and vomiting please report to A&E
- Advice can be obtained from the endoscopy unit on – 01493 452370 Monday to Friday 08.00 to 18.00
- In an emergency outside of these hours contact the A&E department on 01493 452559

### Medications you were given during your procedure:

- You have had Entonox® Yes  No
- You have had sedation Yes  No

### If you have had sedation

- Go home and rest for today
- Do have someone at home with you overnight
- Do not drive your car or operate any machinery for 24 hours
- Do not sign any legal documentation for 24 hours
- Do not drink alcohol for 24 hours

### For your information -

Copy of Endoscopy Report received Yes  No

Patient Information Leaflet for condition: .....[ ]

If you have had a polyp removed, there is a chance that you might notice some bleeding from the back passage. In general this bleeding is minimal and stops within a day.

Significant bleeding can occur in the first two weeks following the procedure.

If you notice significant bleeding, you should report to A&E for further follow up.

**Medication advice:**

Restart date for Antiplatelets / Anticoagulants:.....

**Follow Up:**

Return to GP [ ]

Clinic appointment [ ]

Further test (e.g. x ray, endoscopy) : .....[ ]

Other (e.g. refer dietician): .....[ ]

Histology (samples) taken: Yes [ ] No [ ]

**Results will be available from:**

GP [ ] Consultant [ ] name:.....

Results should be available after four to six weeks. If you have not heard from your consultant after two months, please contact the consultant’s secretary.

Any other questions raised .....

**Feedback**

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

**TRUST VALUES: We CARE for...**  
*our patients... each other... ourselves*

**BEHAVIOURS:**

- Courtesy and respect
- Attentively kind and helpful
- Responsive communication
- Effective and professional

**#Proud of the Paget**

**IN TRAN**  
communication for all

The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**