

Following your Percutaneous Endoscopic Colostomy (PEC) procedure – Aftercare Information Sheet



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You **must not** have anything to eat or drink for **four hours**

You may eat and drink as normal from.....hours

Clean around the PEC with soap and water daily, with gentle but thorough drying

Keep the tube covered and out of the way to avoid accidental removal

DO NOT rotate or pull on the tube

Continue with the daily Octenisan® body wash for the **next five days**

Take the prescribed antibiotics as directed for the **next five days**

Report to your GP or the A & E department if you develop persistent or worsening abdominal pain.

Advice can be obtained from the endoscopy unit on – 01493 452370 Monday to Friday 08.00 to 18.00 hours

In an emergency outside of these hours contact the A & E department on 01493 452559

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

You have had Entonox® Yes [] No []

You have had sedation Yes [] No []

If you have had sedation:

- Rest for today
- 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 []

Follow Up:

Return to GP []

Clinic appointment []

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

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

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

- Courtesy and respect
- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel **safe**



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