

**Patient
Information**

Discharge advice following a gastroscopy and colonoscopy/ flexible sigmoidoscopy without sedation

Introduction

This leaflet gives you information on care following your gastroscopy and colonoscopy/flexible sigmoidoscopy.

When can you eat and drink?

You can eat and drink from:

You can eat and drink normally after discharge following the time stated above; although we do recommend a lighter diet for today.

Medication

You can take your usual prescribed medications when they are next due, unless otherwise stated by the Endoscopist or discharging nurse. For blood thinning medications (anticoagulants) separate advice will be given.

After effects

You may experience the following:

- A bloated, windy feeling – moving around may help to relieve this.
- A sore throat for a short time after the procedure. This normal and should pass within 2 days.
- If we have removed a polyp, you may bleed slightly after the procedure, this is not unusual.

Reference No.

GHP11736_07_23

Department

Endoscopy

Review due

July 2026

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What happens next?

- A report will be sent to your GP.
- The results of the test and any specimens taken are sent directly to your GP. This can take up to 5 weeks.
- If a consultant follow up is needed you will receive an appointment letter in the post.
- If a repeat procedure is needed your medical notes will be reviewed by an Endoscopist before you are due to attend. This is because the criteria for repeating procedures may change or be altered as national guidelines are reviewed and updated. If it is felt that your procedure is no longer required, we will send you a letter in the post.

A member of the nursing team will have explained to you what has been done today and any further tests that you may need.

When to seek advice

Serious side effects are rare. However, if any of the following occur within 48 hours after your gastroscopy, please contact the Endoscopy Unit where you had your procedure.

- Severe pain in the neck, chest or abdomen
- Vomiting blood or bowel motion turns black
- Abdominal pain and/or bloating
- High temperature (fever) or you feel generally unwell
- Disorientation (feeling lost or confused)

If you have been given Buscopan® to relax your bowel during the procedure, please seek urgent medical advice if you experience any of the following:

- Painful red eye with loss of vision
- Blurred, misty or foggy vision
- Nausea and/or vomiting
- Unable to pass urine

Results

Please contact your GP or consultant directly for your test results as these are not disclosed to Endoscopy.

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Contact information

If you have any concerns, please contact the Endoscopy Unit where you were seen or your GP.

Endoscopy Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8222

Monday to Friday, 8:00am to 6:00pm

Cheltenham General Hospital

Tel: 0300 422 3593

Monday to Friday, 8:00am to 6:00pm

Cirencester Hospital

Tel: 0300 421 6294

Monday to Friday, 8:00am to 4:00pm

Stroud Hospital

Tel: 0300 421 8073

Monday to Friday, 8:00am to 6:00pm

Out of hours, please contact NHS 111 for advice:

Tel: 111

If you think you require **immediate** medical attention, please phone 999 or go to your nearest Accident & Emergency Department.

Content reviewed: July 2023

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Feedback

To help the Endoscopy Department understand what is important to you and how we can improve our service, we would appreciate if you would take the time to complete a feedback survey.

All responses will be anonymous and any information provided will be used sensitively and stored securely.

To access the survey, please use the QR code below or type the 'case sensitive' link into your internet browser.



<https://bit.ly/3MHOXIG>

Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85