



Colonoscopy and flexible sigmoidoscopy instructions (post op)

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Version 6

> About this leaflet

The purpose of this leaflet is to provide you with information following your colonoscopy and flexible sigmoidoscopy procedure.

Anaesthetic and sedative drugs may cause you to be sleepy or light-headed, this feeling will gradually wear off.

> The first 24 hours following your procedure

- You must have a responsible adult to stay with.
- You should avoid alcohol and sleeping tablets.
- You should not drive, operate machinery or work with dangerous materials.
- You should not sign legally binding documents.
- You should not engage in sports, perform heavy tasks or lift heavy objects.
- You should be able to resume normal activities after 24 hours.

> After the procedure

You may experience mild abdominal cramping, bloating and colic as a result of the air that was placed in your intestine, this should resolve after a few hours. Some people may have a slight rectal bleeding due to minor irritation and trauma from the insertion of the scope.

> When to seek medical advice

You should notify your doctor if you experience severe abdominal pain, nausea, vomiting or heavy bleeding after a colonoscopy/ sigmoidoscopy.

Your doctor may instruct you to go to your local hospitals accident and emergency department if you experience severe abdominal pain, nausea, vomiting or heavy bleeding. Please take a copy of your endoscopy report with you.

