



# Colonoscopy and flexible sigmoidoscopy instructions (post op)

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Next review: March 2027  
Version 8

## > 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 sedation

- 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.

## > Biopsy

If a sample (biopsy) has been taken during the procedure, these samples are sent to your home Health Board for analysis and the results may take upwards of 20 weeks. Urgent samples will be dealt with within 2-3 weeks. You will be notified of biopsy results and any necessary treatment by your home Health Board.

## > When to seek medical advice

You should seek medical advice from your GP or contact NHS 24 if you experience any of the following:

- severe pain
- bleeding
- vomiting
- a high temperature or fever

If you need to attend your GP or your nearest Accident and Emergency department, please take a copy of your endoscopy report with you.

## > Other instructions

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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

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