



# Colonoscopy and flexible sigmoidoscopy instructions (post op)

Reviewed: July 2026  
Next review: July 2027  
Version 9

## > 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.

## > Contact

If you have any concerns or questions, please call 0141 951 5000 and ask for Endoscopy Unit on 5750 between 8am and 5.30pm.

## > Other instructions

**All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.**

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

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.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरएफ) में भी उपलब्ध हैं।

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سنے والی کست یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔



: **0141 951 5513**