

# Information following your gastroscopy, colonoscopy, or sigmoidoscopy

## Information for patients from the Trust's Endoscopy Units

- A copy of your endoscopy report will be sent to your GP within one to two working days.
- Results of any samples taken will be sent to your GP and endoscopist.
- An outpatient appointment for.....will be sent to you.
- An appointment for.....will be sent to you.

### If you have had sedation

- You must have someone to take you home, and stay with you for the rest of today and overnight.
- Do not drink alcohol for 24 hours.
- Do not drive or operate machinery for 24 hours.
- It is not advisable to sign legal papers or make important decisions for 24 hours.
- The sedation may affect your ability to work tomorrow.

### If you had the local anaesthetic throat spray

- You can have a drink as soon as your swallowing is back to normal (anywhere between 20 to 60 minutes).

### If you have had Entonox

- You must not drive for 30 minutes after you last used it.

### Getting back to normal

- You may eat and drink as normal (avoid drinking alcohol for 24 hours).
- Any abdominal discomfort or wind should settle over the next 12 hours.
- If you have any loss of blood (more than just spotting) when opening your bowel, or persistent abdominal discomfort or vomiting you must ask for further advice.
- You may have a mild sore throat if you had a gastroscopy, but this will pass and is nothing to worry about.



- You may notice that your bowels do not return to normal for a few days following a flexible sigmoidoscopy or colonoscopy procedure.

**If there is anything you are unsure about, please speak to the nurse before you leave the Endoscopy Unit.**

### **Any further questions?**

Please phone the **Endoscopy Unit**. The units are open Monday to Sunday 8am to 6pm.

- William Harvey Hospital, Ashford Telephone: 01233 61 62 74
- Kent and Canterbury Hospital, Canterbury Telephone: 01227 78 30 58
- Queen Elizabeth the Queen Mother Hospital, Margate Telephone: 01843 23 43 70

If you have any questions between 6pm and 8am Monday to Sunday then contact the **Emergency Department** on:

- William Harvey Hospital, Ashford Telephone: 01233 61 62 07
- Queen Elizabeth the Queen Mother Hospital, Margate Telephone: 01843 23 50 30

A short film outlining what patients can expect when coming to hospital for an endoscopy is available on the East Kent Hospitals web site [www.ekhufft.nhs.uk/endoscopy/](http://www.ekhufft.nhs.uk/endoscopy/)

Our units are regularly inspected and audited; please ask if you want any information about our performance standards. You can also visit [www.patientopinion.co.uk](http://www.patientopinion.co.uk)

**This leaflet has been produced with and for patients**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhufft.nhs.uk/patientinformation](http://www.ekhufft.nhs.uk/patientinformation)

Information produced by the Trust's Endoscopy Units

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