York and Scarborough Teaching Hospitals
NHS Foundation Trust

Colonoscopy or Flexible Sigmoidoscopy Discharge Advice

Information for patients, relatives and carers

ⓘ For more information, please contact:

Endoscopy Unit

York Hospital

Phone: 01904 726694

York Hospital, Wigginton Road, York, YO31 8HE

Scarborough Hospital

Phone: 01723 342518

Woodlands Drive, Scarborough, YO12 6QL

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We hope you find this information useful after the examination of your bowel (colonoscopy or flexible sigmoidoscopy).

What should I expect after my examination?

You may have some abdominal discomfort and excess wind for up to 24 hours following your examination. You are unlikely to have any major side effects.

If you had biopsies taken or a polyp removed, do not be alarmed if you pass small amounts of blood from your back passage. This should settle within 24 to 48 hours. Any discomfort, inflammation or swelling at the site of your injection should settle in a few days.

You may resume your normal diet unless otherwise instructed by your doctor.

Important Information about sedation

If you had sedation, it may take up to 24 hours to wear off; you may feel drowsy and be forgetful.

It is essential that you have someone to accompany you home unless you have had no sedative drugs or only Entonox.

Please see the list of medication below to help you identify if you need an accompanying adult to take you home:

Midazolam (sedative)

You will need adult supervision, recommended for 24 hours and a minimum of 3 hours. Avoid using public transport. You must not drive, operate machinery, drink alcohol, return to work or sign legal documents for 24 hours.

Fentanyl (strong pain relief)

You will need adult supervision if you are discharged before one hour after having your procedure. You will not need adult supervision if discharged over an hour after your procedure. Avoid using public transport unless accompanied by an adult. You must not drive or operate machinery for 24 hours.

Midazolam + Fentanyl

You will need adult supervision, recommended for 24 hours and a minimum of 4 hours. Avoid using public transport. You must not drive, operate machinery, drink alcohol, return to work or sign legal documents for 24 hours.

Entonox (Gas and Air)

You will be allowed to leave the unit 30 minutes after your procedure without adult supervision. You can then use public transport and drive. There are no other restrictions after this medication.

What about my results or further appointments?

If you require a further appointment, your discharge nurse will inform you of this before you go home.

We will send detailed results of the procedure to your GP within the next two to three weeks.

Who should I contact if I have any concerns?

In the first 24 hours after your examination, please contact the Endoscopy Unit on York 01904 726694 or Scarborough 01723 342518 between the hours of 8am and 6pm.

After 6pm, please telephone the hospital on York 01904 631313 or Scarborough 01723 342153 and ask for the on call surgical registrar.

After 24 hours, please contact your own GP.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
The Endoscopy Unit, York Hospital, Wigginton Road, York, YO31 8HE, phone 01904 726694 or
The Endoscopy Unit, Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL, phone 01723 342518.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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