

# After your colonoscopy

(for bowel cancer screening patient)

Bowel Cancer Screening Nurse – Tel: 01271 314099

Gemini Endoscopy Suite – Tel: 01271 349180

## Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

## What happens now?

A bowel cancer screening practitioner will give you a courtesy call tomorrow. You will be advised of any results and any possible follow-up in approximately one week's time.

## Recovering from your colonoscopy

Drugs used for sedation remain in the body for at least 24 hours and gradually wear off. During this period, although you may feel wide awake, you will still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light-headed or faint.

It is very important to observe the following instructions:

- x If you have had sedation, a responsible person should accompany you home and stay with you for 12 hours or overnight.
- x Do not drive a car or other vehicle – your insurance is invalid for the 24-hour period – or operate machinery for 24 hours
- x You should not sign any legally-binding agreements for 24 hours or make important decisions
- x Do not drink alcohol for 24 hours
- x Do not lock the bathroom or toilet door, or make yourself inaccessible to the person looking after you
- x Drink plenty of fluids

## Common side-effects

- x Mild bloating/wind pain



## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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