

The ROYAL MARSDEN

NHS Foundation Trust

Going home after your procedure (lower GI)

Endoscopy Unit, Chelsea

Patient Information



NHS

- Your procedure was carried out **without** any sedation. You will be allowed to leave as soon as you feel ready and your paperwork is complete.
- Your procedure was carried out with **gas and air (entonox)**. You will be allowed to leave once the effects have worn off. This usually takes about 30 minutes.
- Your procedure was carried out with **sedation or a general anaesthetic**. You will be allowed to leave once the effects have worn off, but you will be less able to concentrate and you must have someone responsible available to stay with you **for at least six hours**.

For at least 24 hours following an endoscopic procedure where you have had sedation you must not:

- Drive or ride a bicycle
- Operate machinery
- Sign legal papers
- Go out walking alone
- Drink alcohol
- Take sleeping tablets
- Look after young children alone.

Also, be very careful when using electrical appliances, cookers, hot saucepans and so on.

Unless you have been told otherwise, you may eat as normal after discharge.

Please note: if you have had a large polyp removed during your procedure you may be advised you must not travel by aeroplane for **14 days afterwards**.

Symptoms to expect

- You may feel bloated if some air remains in your bowel. This should pass naturally. In order to relieve this feeling of discomfort, it would help to walk around. Warm drinks and peppermints may also help you to pass wind. If you are feeling pain, you may find it helpful to take a painkiller, such as paracetamol.
- If you have had piles treated or polyps removed, there may be some bleeding but it should not be heavy.

Complications

You should seek medical help immediately if you develop any of the following symptoms:

- Severe abdominal pain
- Worsening abdominal swelling
- Shortness of breath
- Chest or shoulder pain
- Heavy bleeding from your bottom or black tarry motions
- Fever (above 38°C) and/or chills.

If you experience any of these complications, immediately contact the Endoscopy Suite.

Contact details

For routine advice, please contact the Endoscopy Suite on: 020 7811 8328 or 020 7811 8320 (Monday to Friday, 8am – 5pm). Please do not leave an answerphone message, as it is important that you are assessed promptly.

Outside of working hours (or at times when you are unable to get hold of the Endoscopy Suite), you can call the main switchboard number: 020 7352 8171 and ask to speak to the Clinical Site Practitioner at Chelsea (bleep 022).

In an emergency

Telephone your GP surgery (or your GP out of hours service) or else go to your nearest A&E (Accident and Emergency) and then inform the Endoscopy Suite at The Royal Marsden.

The Royal Marsden Macmillan Hotline - 020 8915 6899

You can ring the Hotline 24 hours a day, 7 days a week.

Call us straight away if you are feeling unwell or are worried about the side effects of cancer treatments. This service provides specialist advice and support to all Royal Marsden patients, as well as to their carers, and both hospital and community-based doctors and nurses caring for Royal Marsden patients.

For further information, please visit The Royal Marsden website: www.royalmarsden.nhs.uk/your-care/support-services/royal-marsden-macmillan-hotline

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Freephone: 0800 783 7176

Email: patientcentre@rmh.nhs.uk

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Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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