



**Northumbria Healthcare**  
NHS Foundation Trust

# Information following Colonoscopy

Issued by the Endoscopy Department



You have been given some medication (sedative drugs) to make you feel drowsy and ready for the test, it is important that you rest quietly for the rest of the day. Your ability to think clearly and make decisions may be affected for up to 24 hours even though you may feel wide awake. For this reason you need to have someone to drive you home and stay with you overnight. If you choose to have pain relief (fentanyl or pethidine) you need to be aware that it is an offence to drive under its influence.

## Sedation can impair your reflexes and judgement

It is advisable to have the following day off work, but in any event for the first 24 hours following sedation do not:

- **Drive a car or ride a bicycle or motorbike**
- **Drink alcohol**
- **Take sleeping tablets**
- **Operate machinery or electrical items**
- **Sign any legally binding documents**
- **Work at heights (including climbing ladders)**

If you have had polyps removed or biopsies taken you may pass some blood. This is not unusual, but if it is any more than a tablespoonful or if you have severe pain for more than 12 hours after your colonoscopy you should contact the Endoscopy Unit during opening hours, or your General Practitioner, or attend the Northumbria Specialist Emergency Care Hospital in Cramlington as this may indicate a severe complication.

If you have had polyps removed or biopsies taken they will need to be sent for analysis, this takes approximately 2-3 weeks. The results of the specimens will be sent to the person who sent you for the test.

The consultant responsible for your care is named on your endoscopy report. A copy of your report is sent to your GP on the day of the test.

Some patients may be sent for further tests at intervals ranging from one to ten years. The reason for this is that certain conditions or types of polyps need to be followed-up regularly. If you are one of these patients, your consultant will check, two months before the follow-up appointment is due, that the guidelines have not changed and that there are no reasons to contraindicate a further test.

## Contact us

If you have any queries please contact us:

**North Tyneside General Hospital** 0191 349 9672  
Monday to Saturday, 8am - 6pm

**Wansbeck General Hospital** 01670 529 063  
Monday to Friday, 8am - 6pm

**Hexham General Hospital** 01434 655 321  
Monday to Friday, 8am - 6pm

**Alnwick Infirmary** 01665 626 794  
Monday to Friday, 8am - 6pm

**Berwick Infirmary** 01289 356 635  
Please note this unit is not open daily, if there is no response please contact Alnwick Infirmary.

If you need urgent care outside of these hours call 111 or go to:

- your local 24 hour walk-in service at Hexham, North Tyneside or Wansbeck
- your local minor injuries unit if you live in Alnwick, Berwick, Blyth or Haltwhistle

If you need emergency care dial 999 or go to the Northumbria Specialist Emergency Care Hospital, Northumbria Way, Cramlington, NE23 6NZ.

## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

PIN 263/V7

Review date: October 2021

© This material is the copyright of the Northumbria Healthcare NHS Foundation Trust