



**Northumbria Healthcare**  
NHS Foundation Trust

# Information following Flexible Sigmoidoscopy

Issued by the Endoscopy Team

You have had a flexible sigmoidoscopy without any sedation. You may have had Entonox (gas and air), the effects of which wear off in minutes and will not affect your reflexes or judgement.

You may experience some bloating or a windy type pain. This is normal and will only usually last for a short time after the test. You can go straight home after the test.

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 procedure you should contact the Endoscopy Unit or your General Practitioner or go to your local Emergency Care Centre as this may indicate a severe complication.

If you have had any specimens 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 to 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)

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