



Instructions following

Flexible Sigmoidoscopy

If you did not have sedation, you will be free to go home directly following the procedure.

If you have had sedation, you will need to have a responsible person to take you home and someone to stay with you for 24 hours after procedure.

Directly after your procedure you **must refrain from:-**

- Driving
- Operating machinery
- Drinking alcohol
- Signing legal documents
- Cooking — including boiling water

When you go home:

- You can eat and drink normally
- You may experience mild abdominal discomfort which will be “wind”. Take a mild painkiller such as paracetamol.

This fact sheet was designed to help you. Please do not hesitate to ask any questions of our specialists and nurses.

**If you have any problems following your procedure call Nucleus Healthcare during opening hours
08:00 hrs. — 18:00 hrs.**

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