Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Sigmoidoscopy with Sedation Patient Discharge Information

Version number: **5**
Last modified date: **12th November 2026**

Sigmoidoscopy with Sedation

Patient Discharge Information

Endoscopy Department

- Author ID: NP/SP
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Patient Discharge Information for Sigmoidoscopy Procedure with Sedation

The sedation drugs can remain in your system and have effects up to 24 hours after your procedure. Although you may feel awake, these drugs can impair your judgement, balance, and reaction times. For this reason, we will ensure that you have a responsible adult to take you home after your procedure and look after you for the next 24 hours.

For the next 24 hours you MUST NOT:

- Drive your car. Your insurer will not cover you for this period following sedation.
- Operate machinery (including any potentially hazardous kitchen appliances).
- Climb ladders.
- Sign any legally binding documents.
- Drink alcohol. Alcohol will increase the effect of any sedative remaining in your body.

For the next 24 hours you MUST:

- Rest for the whole day and avoid strenuous activity.
- Take your medications as normal unless you have been told otherwise.
- Have someone with you in case of any problem arising from the effects of sedation.
- Have someone to help you if you care for children or elderly sick relatives.

You can usually eat and drink normally after you have been discharged. It is not unusual to pass wind and have mild cramps after the procedure. If you had the oral bowel preparation medication for this test, you may not have a normal bowel movement for a few days.

If you suffer with any of the following, please contact us for advice straight away:

- Severe abdominal pains
- Develop chills or a fever
- Persistent vomiting
- Chest pain or difficulty breathing
- More than a small amount of bleeding from the bottom

Contact Details

- **Working hours 8am to 5pm:** Endoscopy Unit on 01942 264236
- **Out of working hours 5pm to 8am:** Shevington Ward on 01942 822597
- **In case of difficulty:** Accident and Emergency on 01942 822441

- ☐ You have been discharged back to GP care.
- ☐ You will be sent an appointment for Mr / Dr ..... in the post.
- ☐ You will receive appointments for further investigations.
- ☐ You will require another procedure in .....



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