Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Endoscopic Mucosal Resection (EMR) with Sedation - Patient Discharge Information

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Endoscopic Mucosal Resection (EMR) with Sedation

Patient Discharge Information

Endoscopy Department

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Patient Discharge Information for EMR 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 need to 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.

The polyp is usually retrieved during an EMR procedure and sent to the pathology laboratory for further analysis. It can take up to 14 days before a result is available. Sometimes, decisions about further treatment can only be made once these results are back.

Post-Procedure Symptoms

For the first 2 days after your procedure, you may pass some dark blood or clots. This is only the blood left in your bowel from the procedure and is usually nothing to worry about. Over the next 10 days, there is a risk of bleeding, so to try to prevent this from happening, take extra fibre and water in your diet to help prevent constipation but continue to eat and drink as normal.

If at any time, you have any fresh red blood that is a large amount or actively dripping from your bottom, then you need medical attention. Please contact the numbers below straight away. If you feel unwell with the bleeding or have difficulty speaking to someone, take the copy of the colonoscopy report given to you on discharge which explains what you have had done and take it with you to your nearest A&E department. It may be advisable to take an overnight bag with you as you may need to stay in hospital to be treated.

Contact Us If You Experience:

- 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 as described above

Contact Details:

- Working hours 8:00 am to 5:00 pm – Endoscopy Unit on 01942 264236
- Out of working hours 5:00 pm to 8:00 am - 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 with……..... in the post.
- ☐You will receive appointments for further investigations.
- ☐You will require another procedure in .....



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