



Colonoscopy/flexible Sigmoidoscopy with Banding of Haemorrhoids (sedation)

Discharge Document

Date:	
Endoscopist:	
Consultant:	
Named Nurse:	

Information you need

You have received sedation for your investigation today and therefore you must not drink alcohol, drive a vehicle, operate machinery, sign legal documents or make important decisions for 24 hours. You must have an adult with you for the next 24 hours. Occasionally you may feel light-headed for up to 24 hours.

You may eat and drink normally.

You may experience some abdominal pain following your investigation. This is usually due to air in the lower bowel put in during the procedure. These symptoms usually settle after 12 -24 hours. If the abdominal pain is severe or lasting longer than 24 hours you should contact your General Practitioner (GP) or go to the nearest emergency department.

Please take the copy of your report with you.

Important Information following Banding of Haemorrhoids.

Banding is usually a day procedure, without the need for an anaesthetic, and most people can return to their normal activities the next day. You may feel pain (which may be severe) or discomfort for a day or two. Normal painkillers are usually effective, but your General Practitioner can prescribe something stronger, if needed.

Directly after the procedure, you may notice blood on the toilet paper after having your bowels open. This is normal, but there should not be a lot of bleeding. You may continue to have some bleeding for up to 14 days after the banding, this may get worse at 7-10 days after banding when the haemorrhoid falls off. If you are worried about the bleeding or if you pass a lot of bright red blood or blood clots (solid lumps of blood), go to your nearest accident and Emergency (ED) Department immediately. Please take a copy of the report with you.



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However, you may not realise that your haemorrhoids have fallen off, as they should pass out of your body when you go to the toilet.

Please avoid using creams or applicators directly into the anus after your treatment. You may shower or bath as normal.

Additional Information:

- Your procedure has been performed successfully
- Please see your procedure report
- Biopsies have been taken from _____
- An appointment for _____'s clinic will be sent in the post.
- Your care has been returned to your General Practitioner, no further follow up is required.
- Additional leaflets given _____

If you have any concerns or wish to ask further questions please contact the Endoscopy Unit on 01793 604135 from

- **Monday to Thursday 7.30 am – 8 pm.**
- **Friday 7.30 am – 6 pm.**
- **Saturday 8 am - 6 pm.**
- **Sundays 8 am – 12 midday.**

If you need urgent attention or advice then contact your General Practitioner, call the Emergency Department on 01793 604104 or present to the Emergency Department.

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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