

## NHS Friends and Family Test

We value your feedback and want to make our services as good as possible for you. That's why we'll be asking you the following simple question:

**“How likely are you to recommend our services to friends and family if they needed similar care or treatment?”**

This will be sent to you either by text or as an automated telephone survey within 48 hours of leaving our services which will ask you to rate your experience. We will use your feedback to assess the quality of our service so your response would be very much appreciated. However if you do not wish to take part you can simply reply STOP when you receive the message. Responses to the survey are FREE.

For more information on the Friends and Family Test, please visit [www.nhs.uk/friendsandfamily](http://www.nhs.uk/friendsandfamily), email [patient.experience@ulh.nhs.uk](mailto:patient.experience@ulh.nhs.uk) or speak to a member of staff.

**Visit [www.ulh.nhs.uk](http://www.ulh.nhs.uk) to find out other ways to leave us your feedback**

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

Excellence in rural healthcare



## What to expect after your Colonoscopy

**Helpline or enquiries (8.30am to 5.00pm Monday to Friday)**

**For appointments and general enquiries**

**Boston 01205 445072  
Grantham 01476 464366/01205 445072  
Lincoln 01522 573849  
Louth 01522 573849/01507 631437**

**For procedure related enquiries (8.30am to 6.00pm Monday to Friday)**

**Boston 01205 446559  
Grantham 01476 464085  
Lincoln 01522 573016  
Louth 01507 631236**

**For more information please see: [www.ulh.nhs.uk](http://www.ulh.nhs.uk)**

## What advice do I need after sedation?

You have had a sedative injection. Even though you feel wide awake this can affect the way you think and behave for up to 24 hours afterwards. For this reason you need to have someone who can look after you when you go home.

**Please note as you have had sedation, for 24 hours you must not:**

- Drive a motor vehicle such as a car or motorbike
- Use appliances that could be dangerous such as a cooker
- Have a bath without someone being there to help you
- Look after children on your own
- Go to work
- Operate any potentially dangerous machinery
- Sign any legal documents
- Take sleeping tablets, drink alcohol or take recreational drugs

**You must avoid doing the stated activities until:**

**Day and Date**

**Time**

## What can I expect after the test?

You may feel some mild to moderate windy pains in your abdomen (tummy). Although these are unpleasant they are normal and should stop within 24 hours. If you had a polyp removed or a biopsy taken you may see a little bleeding from your back passage.

If you are worried about any symptoms you experience after this test you may ring the helpline numbers on the front cover of this leaflet.

**If you have any problems with worsening pain or swelling of the abdomen or heavy bleeding (more than a small cupful) please attend your nearest Accident and Emergency Department taking your endoscopy report with you. Out of hours please contact the NHS non-emergency service on 111.**

## When will I get the results?

The doctor or nurse will speak to you before you leave and explain what was seen and done during the test.

Your test was normal, no follow up is required

You will need another endoscopy procedure

Date \_\_\_\_\_

You will need another investigation

Details: \_\_\_\_\_

A copy of your results will be sent to your Consultant who will arrange a clinic appointment if needed

A copy of your results will be sent to your GP within 21 days. Please check your GP Practice has received your results before making an appointment

Outpatient appointment

Date: \_\_\_\_\_