EMR / ESD Discharge Information

After Your Procedure: Immediate Advice

☐ No Sedation OR Entonox (Gas and Air) Only

- You can go home unaccompanied, however, given the nature of the procedure carried out, we recommend that a friend or family member stays overnight, if possible.

☐ Sedation Received

- You must have a responsible adult to escort you home and stay with you for at least **12 hours.** However, given the nature of the procedure carried out, we recommend that a friend or family member stays overnight with you.
- Your coordination and concentration may be impaired, and you may feel lightheaded or drowsy.

Activity Restrictions for 24 hours

- Do not drive or ride a bicycle
- Do not operate machinery
- Avoid activities requiring full concentration
- Avoid important decisions / signing legal documents
- Avoid online shopping or social media use

☐ Fentanyl Only (No Midazolam)

- If you have an escort, they must stay with you for at least 2 hours after leaving the unit.
- If you do not have an escort, you will remain in the Endoscopy Unit for 3 hours before discharge.
- You are advised to travel home by taxi, if unescorted.
- Given the nature of the procedure carried out, we recommend that a friend or family member stays with you overnight, if possible.
- After Fentanyl your judgment and reaction times may still be affected.
- We recommend you avoid driving and riding a bicycle for 24 hours.

Eating and Drinking

- You can eat and drink as normal after your procedure unless otherwise advised.
- If you feel bloated or nauseous, you may wish to start with a light diet.

Bowel Movements

- Your bowels may take a day or two to return to normal after the procedure.

When Can I Return to My Normal Activities

- Depending on the size and number of polyps removed, you may be advised to avoid strenuous exercise for at least one week. Tick if this applies: ☐
- Light activity (walking, cycling, normal daily activity) can usually be resumed within 24 to 48 hours, as long as you feel well.

When polyps have been removed

- Routine results are usually available within up to 6 weeks.
- Results will be sent to your GP and referring clinician. Please do not contact the endoscopy unit for results.
- Urgent results are usually available within 2 weeks and an appointment will be arranged by the specialist team in charge of your care to discuss these results.

What To Expect After Your Procedure

Common Side Effects

- **Bloating and cramping**
  - You may feel bloated or have mild abdominal (tummy) discomfort which is normal and should improve quickly. Sitting upright, walking around, drinking warm fluids or peppermint tea, can help pass the wind. You may take simple pain-relieving tablets (e.g. paracetamol) as needed.
- **Bleeding from your bottom or in your poo, after your procedure**
  - A small amount of bleeding is normal, particularly when polyps have been removed.
  - This may occur within the first 24 hours but can occasionally happen for up to 2 weeks.

When To Seek Urgent Medical Attention

Go to your nearest Emergency Department or call 999 immediately if, within the first two weeks after your procedure, you develop:

- Severe or worsening abdominal pain
- Heavy bleeding (more than 1 egg cup full) or blood clots from your back passage
- Fever (above 38 °C), chills or shivering
- Difficulty breathing / Shortness of breath
- Persistent nausea or vomiting
- Feeling faint or unwell

Do not drive yourself to hospital.
Take your endoscopy report including images with you if possible.

Please let us know
If you attend any Emergency Department (including another hospital), please inform the St George's Endoscopy Unit during working hours.

Emergency Contact Numbers

Monday to Friday, 8.30am to 6pm
☎ **Endoscopy Nurse in Charge**
020 8725 1491 / 2310

Evenings, weekends & bank holidays
☎ **Ward Nurse**
020 8725 5159

These numbers are for **urgent concerns only**. Staff will not be able to assist with you with queries about results or appointments.

√	**Additional instructions (if applicable)**
	Advised not to fly for 2 weeks following the procedure
	Endoscopic images provided with copy of the report
	Anticoagulants / Antiplatelet medication (blood thinners) Please restart your medication on:
	Prescription: Please pick up your prescription from: ☐ GP ☐ Hospital Pharmacy (Ground floor, Lanesborough Wing)
	Blood tests have been taken and the results will be sent to the specialist team in charge of your care. These will be discussed with you at your appointment with them.
	Scans will be arranged for you: ☐ CT Scan ☐ CT Colonography ☐ MRI ☐ Other
	Repeat Endoscopy: _____ An appointment will be arranged in: _____ If you have not received an appointment in the time frame above, please contact our booking team on 020 8725 1913, Monday to Friday 8.30am to 3pm. ☐ Bowel prep and instructions provided ☐ Sent in post (if applicable)

For general enquires, contact the Endoscopy Unit: Monday to Friday 8.30am to 3pm on 020 8715 1913.

Tell us about your Endoscopy visit
Please scan this QR code to complete our short anonymous patient experience survey.