

## Gastroenterology

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Your GP/Consultant may recommend one of the following procedures

- Colonoscopy; a procedure to look at the inside of your colon using a thin, flexible camera (endoscope).
- Gastroscopy, which is a procedure to look at the inside of the oesophagus, stomach and duodenum using a thin flexible camera (endoscope)
- Flexible-sigmoidoscopy; a procedure to look at the lower part of your colon using a thin, flexible camera (endoscope)

If your GP has recommended you for one of these procedures you will be provided with a written information leaflet that details specific instructions relating to your procedure and your medications, including the laxative preparation if required

### Guidance for Patients

- If your symptoms deteriorate contact your GP or your Consultants Secretary on the number provided on your appointment letter.
- If you are awaiting a surveillance procedure for e.g. Barrett's oesophagus and develop any trouble swallowing or new & persistent indigestion symptoms please contact your GP.
- If you are awaiting a surveillance procedure for e.g. colonic polyp or colorectal cancer follow-up and develop any bleeding from your tail end or have a significant change in your bowel habit with abdominal pain or weight loss please contact your GP

# My Planned Care Patient Information Platform

## Find out your BMI

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) living in St Helens and your body mass index (BMI) is above average. St Helens Wellbeing services are offering a free weight loss programme with personalised ongoing support if your BMI is between 30-39.9, to help you get fitter and healthier. Use the below tool to calculate your BMI.

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator>

## What should I do if my health is deteriorating?

If you have been listed for surgery and your medical condition changes in a significant way or you develop pain, please immediately contact the oral and maxillofacial team secretary by phone.

## Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

## Life Threatening Emergencies

For something life threatening – severe palpitations, loss of consciousness, fainting, breathing difficulties or chest pains – please dial 999

## Contact Us

[Platform.myplannedcare@nhs.net](mailto:Platform.myplannedcare@nhs.net)

## Additional Information for Gastroenterology can be found on:

St Helens and Knowsley Teaching Hospital NHS Trust website –

[www.sthk.nhs.uk/our-services](http://www.sthk.nhs.uk/our-services)

## Our services

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