

Gastroenterology – Sigmoidoscopy

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.

Guidance for Patients

Whilst you are waiting for your procedure, stay as active as you can. Consider what you can do to improve your health before the operation. Stopping smoking, reducing alcohol consumption, eating more healthily and exercising have all been shown to help patients recover more quickly after surgery. Ask your GP practice about lifestyle support available to you.

Follow this link for information about your procedure

[Endoscopy at Day Case UK - Yeovil District Hospital NHS Foundation Trust : Yeovil District Hospital NHS Foundation Trust \(yeovilhospital.co.uk\)](https://www.yeovilhospital.co.uk/endoscopy-at-day-case-uk)

Take Your Medication

Continue to take your medication while waiting for your procedure, as directed by your GP and hospital specialist. The Endoscopy team will advise you on which medications you must stop prior to your procedure.

Diabetes – Click on the link for advice to help you to control your diabetes as you prepare to have the procedure. If you are unsure about what you should do please contact the Diabetes Nurse Specialist on **01935 38 4517** for advice.

[Pre operative advice for diabetic patients on insulin - Yeovil District Hospital NHS Foundation Trust : Yeovil District Hospital NHS Foundation Trust \(yeovilhospital.co.uk\)](https://www.yeovilhospital.co.uk/pre-operative-advice-for-diabetic-patients-on-insulin)

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Keep Moving

Healthy eating and being active

Information and advice on healthy eating and becoming more active is available from:

- **One You Eat Better** (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- **Better Health - Get Active** (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition.
- **Somerset Activity and Sports Partnership** (SASP) is dedicated to increasing the health and happiness of residents in Somerset through physical activity and sport.

Improve Your Health

Regular exercise is important for your health and wellbeing. Being active has a long-term positive impact on your health and immediate mental and social benefits.

Somerset Activity and Sports Partnership (SASP) have lots of information for adults and children and young people on how you can be active.

SASP also have tips on how you can **be active at home**.

Age UK also offer a range of activities and exercise classes. You can find out about any classes in your local area on the **Age UK website**.

Smokefreelife Somerset – Smokefreelife Somerset (healthysomerset.co.uk) Free stop smoking service supporting Somerset residents to become smoke free.

Lose weight - Better Health - NHS (www.nhs.uk) losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

Good Mental Health

Mental health and emotional wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and functioning well, as individuals and as communities. It is also about our ability to cope with life's problems and making the most of life's opportunities.

Mental health and wellbeing (somerset.gov.uk)

Mindline Somerset - Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in distress. We can also give basic information about mental health and local support services.

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Emotional support and mental health helpline is open 24 hours a day, 7 days a week.

01823 276 892

0800 138 1692

Mindline - Mind in Somerset

Somerset Mental Health Hub

[South Somerset | Somerset Mental Health \(somersetmentalhealthhub.org.uk\)](http://somersetmentalhealthhub.org.uk)

What should I do if my health is deteriorating?

We advise that if your referral symptoms are worsening as you wait for procedure date, to contact the Endoscopy Booking 01935 384793 during office hours.

If you find you have any questions or concerns, please contact the Day Surgery Unit on, 01935 384 339, 8am-5pm and speak to the endoscopy sister, or you can speak to the nurse or endoscopist on the day.

If you are struggling with your health (including both physical and mental health) while you wait for surgery, please consult your GP.

To contact your GP surgery:

- visit their website
- use the [NHS App](#)
- call them

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. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

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General enquiries contact

Yeovil District Hospital Higher Kingston, Yeovil BA21 4AT

01935 475122 www.yeovilhospital.co.uk