

# Sigmoidoscopy & Rubber Band Ligation (RBL) - Post Procedure

An information guide



# **Sigmoidoscopy & Rubber Band Ligation (RBL) - Post Procedure**

*Following RBL you may experience the following symptoms:-*

- Mild discomfort (you may take paracetamol)
- Feeling of fullness
- Bleeding from the back passage

You are advised to take bath or shower after you open your bowels, this is to avoid and prevent infections. The rubber bands will eventually fall off. This can happen whilst you open your bowels or you may just see them in your underwear (just discard them in the bin).

**It is very important that you do not become constipated. During the first week post procedure, you should drink plenty of fluids. 3 litres per day along with eating plenty of fresh fruit and vegetables should help to avoid constipation.**

If you have any questions, do not hesitate to ask your nurse or doctor, please use the contact numbers below.

**Contact Details**

**Endoscopy Unit** - North Manchester General Hospital

Telephone: 0161 720 2835 (Monday – Friday 08:00 – 18:00)

**Endoscopy Unit** – The Royal Oldham Hospital

Telephone: 0161 627 8513 (Monday – Friday 08:00 – 18:00)

**Endoscopy Unit** – Rochdale Infirmary

Telephone: 01706 517547 (Monday – Friday 08:00 – 18:00)

**Endoscopy Unit** – Fairfield General Hospital

Telephone: 0161 778 2554 (Monday – Friday 08:00 – 18:00)

**Accident and Emergency** – North Manchester General Hospital

Telephone 0161 720 2433 or 0161 720 2674 (24 Hours)

**NHS Direct** – 111 (24 Hours)

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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