

## General Surgery – Endoscopy of Colon

### Introduction

The Covid-19 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. We know that it can be very difficult for many people who are waiting.

The NHS is working hard to see people as quickly as possible, but it is going to take a while before waiting times are back down to where there were before the Covid-19 pandemic began in the UK in early 2020.

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 doctor/ nurse specialist will discuss with you at your outpatient appointment if an endoscopy of colon is required.

### Guidance for Patients

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle such as a high fibre diet, increase water intake and light exercise.

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

#### 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 bleeding, breathing difficulties or chest pains – please dial 999.

#### GP surgeries

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments. GP surgeries are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

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## My Planned Care Patient Information Platform

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

### Contact Us

#### Colorectal Specialty Administration Teams:-

**Grimsby – SAT 1 email: [nlg-tr.SAT1@nhs.net](mailto:nlg-tr.SAT1@nhs.net)**

**telephone number: 03033 306529**

**Scunthorpe – SAT 4 email: [nlg-tr.SAT4@nhs.net](mailto:nlg-tr.SAT4@nhs.net)**

**telephone number: 03033 306532**