



Having a Flexible Sigmoidoscopy

Gemini Endoscopy Suite
Tel: 01271 349180

Patients name:

Hospital No:

Your appointment is at on

This leaflet will answer many of your questions about your flexible sigmoidoscopy. However, if you would like to speak to someone, please contact either the Gemini Endoscopy Suite or the colorectal nurse specialist. The telephone numbers are at the end of this leaflet.

Why is it needed?

This test allows the doctor to look directly at the lining of the bowel. This means we can check whether any disease is present and will help us to find the cause of your bowel symptoms.

What does it involve?

This is a simple examination, which enables the doctor to view the inside of your large bowel. A tiny camera on a flexible tube will be carefully passed through the rectum (back passage) and into the large bowel.

Sometimes a small amount of tissue (biopsy) may need to be taken from a particular area for further examination in the laboratory. The tissue is painlessly removed using tiny forceps passed through the sigmoidoscope.

Entonox gas (gas and air) **may** be given if needed.

For the sigmoidoscopy to be carried out successfully, your rectum (back passage) and large bowel must be clear of any waste material. This is achieved by the use of an enema.

Your doctor may request a different type of bowel prep, if this is the case, you will have a pre assessment and bowel prep instructions will be sent out with the bowel prep.

Therefore:

If you are preparing **at home**, you will need to insert the enclosed enema into your rectum (back passage) **2 hours before you leave to come to the suite** for your appointment. You may find it easier to ask a relative for assistance. Be sure to stay close to your toilet after insertion. The enema should work within 30 minutes. You may have a second movement then your bowels should settle in time to travel to the hospital. If you feel you are unable to insert the enema, please contact the Gemini Endoscopy Suite for advice.

If you are preparing **at hospital**, the nurse will need to give you an enema before the procedure on admission to the Gemini Endoscopy Suite.

What to bring

Please bring:

Phone numbers for your Next of kin and the person collecting you (if different)

Consent form

A dressing gown and slippers

A list of or any tablets or medicines that you are taking, including supplements and herbal remedies

Your reading glasses

Please wear minimal jewellery, make-up or nail varnish for this aema shr nailyyyn 2620 1 254.93 300.9

What should I expect after the test?

After the examination you will be taken to the recovery area, where you will be able to rest and relax. You will feel the need to pass a lot of excessive 'wind' from your bowels. This may last for about 12 hours and is quite normal after this procedure. If you have had a biopsy (small sample of tissue) taken, you may notice a small amount of blood from your anus (back passage) either on the toilet paper or in the toilet pan.

What are the possible complications?

This is a safe procedure. However, there are some small risks.

Perforation: It is possible to damage the bowel by making a small hole or tear, called a perforation. The risk of this happening is approximately 1 in 10000.

Doctors and nurses training in Endoscopy at many different levels attend unit or department and will be involved in your care under the direct supervision of experienced consultants and nurses. If you do not wish to be involved in training these experts of the future please contact the Booking Office.

If you have any queries or concerns about your sigmoidoscopy, please do not hesitate to contact the Gemini Endoscopy Suite. You can access the Endoscopy Unit webpage on the Northern Devon Healthcare NHS Trust website at www.northdevonhealth.nhs.uk. Go to 'Our services' then 'Endoscopy'. Click on 'Endoscopy FAQ' for more information.