

# Having a Flexible Sigmoidoscopy with full bowel prep

Gemini Endoscopy Suite  
Tel: 01271 349180

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### Other formats

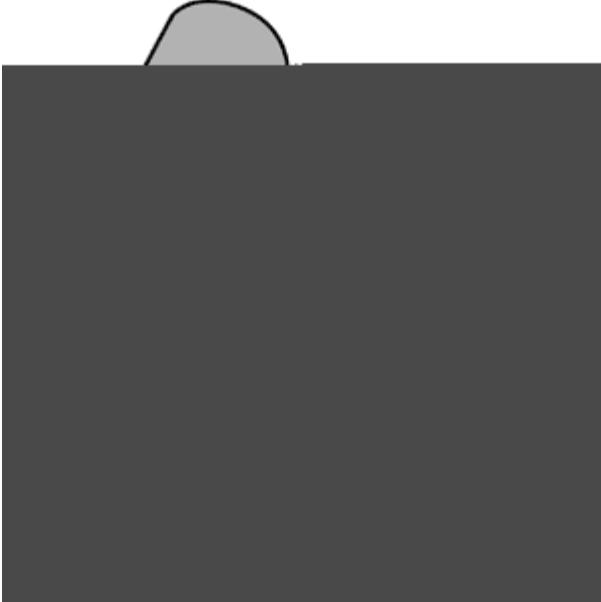
If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

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.

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.

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.



Having a flexible sigmoidoscopy is not painful, although some people may find it uncomfortable. Entonox gas (gas and air) **may** be given if needed.

When you come to the department, a nurse will discuss the test with you. This is to ensure you are not afraid to ask.

The Gemini Endoscopy Suite is located on Level 0 at the North Devon District Hospital in Barnstaple.

If you come in through the main hospital entrance, use the lifts or stairs to go down to Level 0. On leaving the lift turn right and head for the link corridor. The corridor forms a 'U' shape. Take the right turn and follow the corridor up to a double set of doors, through the doors and the Gemini Endoscopy Suite is on your left.

If you come in from the Endoscopy Drop-off Zone, you will need to walk between the building and the small grey building to find a blue door on your right. Go through the blue door and the entrance to the Gemini Endoscopy suite is directly opposite.

If you are taking **any of the following medications**, and this has not been discussed at pre-assessment, please contact the Gemini Endoscopy Suite as soon as possible, on 01271 349180 before you come into hospital.

- **Warfarin**
- **Rivaroxaban**
- **Dabigatran**
- **Edoxaban**
- **Apixaban**
- **Clopidogrel**
- **Prasugrel**
- **Ticagrelor**

If you are diabetic on medication (insulin or tablets) and need advice, please contact the Diabetic Liaison Nurse on 01271 322726.

If you are on **iron (ferrous sulphate)** tablets, please stop taking them one week before your appointment.

If you have any allergies or have had a bad reaction to drugs or other tests, please tell the nurse on admission and/or doctor.

**For the sigmoidoscopy to be carried out successfully, your rectum (back passage) and large bowel must be clear of any waste material.**

## **Please follow these steps to prepare for your sigmoidoscopy**

To ensure an empty bowel and a complete examination, please follow our advice carefully.

### **Five days before sigmoidoscopy**

**Please avoid foods containing small seeds.** These include granary or multi-seeded bread, crisp breads, cereals containing seeds such as muesli, granola, and fruits such as raspberries and strawberries.

If you take iron tablets or medications to control diarrhoea, please stop taking them until after your colonoscopy. You should continue to take any other medications, including laxatives.

After your pre-assessment your bowel prep will be sent to you via the post. **Please read the instructions for taking the bowel prep enclosed.**

### **Four days before sigmoidoscopy**

**Please have this low residue diet four days prior to your procedure until you are told to stop eating.**

<b>Choose</b>	<b>Avoid</b>
<b>Flour:</b>	
White	Wholemeal or granary flour, wheatgerm
<b>Fruit and vegetables:</b>	
Potatoes . boiled, mashed or chipped . no skin	All fruit and vegetables (including mushrooms)
<b>Savouries:</b>	
Chicken, turkey, fish, cheese, eggs, shellfish and tofu	All red meats
<b>Puddings, pasteries, cakes etc:</b>	
Milk pudding, mousse, sponge cake, madeira cake, rich tea biscuits or wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit (eg. fruit cake), Ryvita, digestive or Hobnobs biscuits, rice and/or corn cakes
<b>Dairy and dairy alternatives:</b>	
All dairy, nut, hemp and pea milks All dairy and coconut based yogurt and ice cream (without fruit/nut pieces) Butter, margarine and spreads	Oat and soya milk, soya based yogurt and ice cream
<b>Preserves, confectionary, crisps:</b>	
Sugar, jam, marmalade, honey, syrup, lemon curd, plain chocolate (no fruit and/or nuts), corn based crisps (eg. Wotsits)	Jam or marmalade with pips, skin and seeds, sweets and chocolates containing nuts and/or fruit, muesli bars Potato, lentil or pea based crisps
<b>Soups:</b>	
Clear and sieved	Chunky vegetable, lentil or bean soups

<b>Cereals:</b>	
Cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops	Wheat bran, All Bran, Weetabix, Shredded Wheat, oat bran, bran flakes, wheat flakes, muesli, Ready Brek, porridge
<b>Bread:</b>	
White	Wholemeal, high fibre white, soft grain, granary or oat bread
<b>Pasta, grains, legumes/pulses, noodles :</b>	
White pasta, rice and noodles	Wholemeal pasta and noodles, brown rice, quinoa, oats, pearl barley, buckwheat, lentils, beans, chickpeas, split peas, couscous, semolina
<b>Miscellaneous:</b> eat, oaa	
Salt, pepper, vinegar, mustard, salad cream, mayonnaise, boiled sweets, glucose tablets, mints	Nuts, quorn, fresh ground peppercorns, hummus

**One day before sigmoidoscopy 299.21 5.9 0.47998 0.48001 ref 299.0 5.9 244.13 0.48**





Gemini Endoscopy Suite      01271 349180