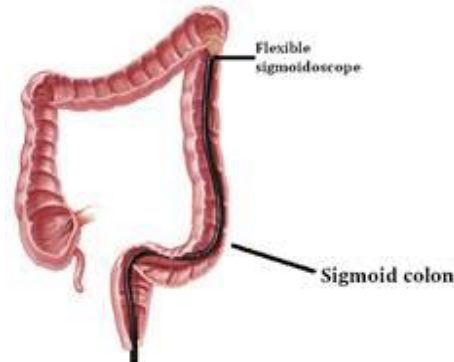




## Having a Flexible Sigmoidoscopy Patient Information

### What is a Flexible Sigmoidoscopy?

A Flexible Sigmoidoscopy is an examination of the left side of your bowel. A narrow flexible tube which has a camera within its tip is used for the test and is called an endoscope.



### What are the alternatives?

A barium enema or CT Pneumocolon (CT scan) may sometimes be used as an alternative to having a flexible sigmoidoscopy. It has less side effects, however, it is not as good at finding out what is wrong with you.

### What are the risks?

For most people having a flexible sigmoidoscopy is a simple and safe procedure. Approximately one in ten thousand people may experience complications including damage to the lining of the bowel, a perforation (tear) or bleeding. If any of these complications occur you may require an operation. It is also important to note that there is a small chance that despite having a flexible sigmoidoscopy serious problems (including cancer) may not be picked up.

### How do I prepare for the procedure?

#### 5 days prior to the test.

**STOP** taking iron or anti- inflammatories (Ibuprofen, Neurofen, Voltarol)

#### 4 days prior to the test.

**STOP** constipating agents i.e Loperamide, Codeine Phosphate etc.

**If you are diabetic please continue with your medication and eat as normal – if you are taking Anticoagulants (blood thinning medicine) you can continue these drugs.**

There is no preparation required and you may eat and drink as normal. Your bowel needs to be very clean to enable the endoscopist to see the bowel clearly. You will be given a home enema (liquid medicine given through your back passage) or an enema in the Endoscopy Centre prior to the test to clean the left side of the bowel.



## What should you expect?

You will be assessed by a nurse on the day of the test and asked some questions about your health. You will be asked to change into a gown and then you will be given an enema by the nurse (you may ask for a chaperone if you wish). Unless you had a home enema.

## Consent

Your written consent will be needed prior to the test and it is important that you read the information about the procedure **BEFORE** coming on the day of the test. This will ensure that you have had time to understand the test. The Endoscopist will go through the procedure with you including the risks and you will be given the time to ask any questions.

If you provide written consent then change your mind, you are entitled to withdraw consent at any time even during the procedure.

## What happens in the procedure room?

In the procedure room you will be asked to confirm your name, date of birth and any allergies and then will lie on your left side on the trolley with a nurse present to reassure you. The endoscopist may examine your rectum with his/her finger prior to passing the camera into your bowel. The endoscope will be gently inserted into your bowel and air will be slowly introduced into the bowel to allow the tube to pass along more easily and enable the endoscopist to get the best possible views of the bowel lining.

This air can sometimes cause a little discomfort similar to wind, which disappears soon after the test. You may also get the sensation of wanting to go to the toilet, but as the bowel is empty, this will not happen. You may pass some wind, this may be embarrassing for you, but the staff do understand what is causing it and it will relieve discomfort.

The endoscopist may need to take a biopsy (tissue sample) of the bowel lining. This is quick and painless. Most tests take 5-10 minutes, but some may take longer.

## After the Procedure

You will be asked to get changed and the Endoscopist will give you the results of the test.

You will be given a discharge information / advice sheet when you go home. **If biopsies were taken during your procedure or if we refer you for another investigation to your local hospital then you will receive a letter from the Eastwood Endoscopy Centre informing you of the results.**

Please contact the Endoscopy Unit on 01702 524984

Opening hours Monday – Saturday 8am to 6pm excluding Sundays and Bank Holidays

During these hours a clinician or nurse will be available to speak to you.