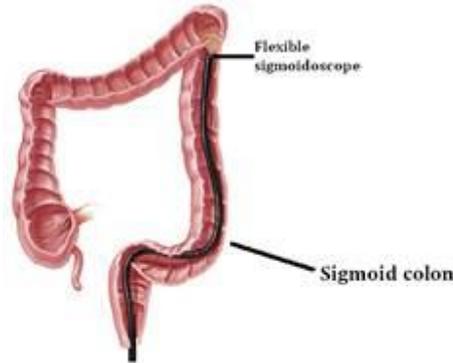


Patient Information

Having a Flexible Sigmoidoscopy

What is a flexible sigmoidoscopy?

A flexible sigmoidoscopy is an examination of the left side of your bowel using a flexible tube with a camera at its tip (endoscope).



What are the alternatives?

CT colonography can be used instead of a colonoscopy. Although it is less invasive and does not require sedation, it does not provide such detailed pictures of the lining of the bowel and biopsies and removal of polyps cannot be performed at the same time.

What are the risks?

The major risks and complications include damage to the lining of the bowel, a tear in the bowel (perforation), which may require an operation and bleeding, which may require blood transfusion. It is also important to know that there is a small chance despite having a colonoscopy that serious problems, including cancer, may not be picked up.

How do I prepare for the procedure?

No oral bowel preparation is required and you may eat and drink as normal. You will require an enema to clear out the lower part of the bowel as it will need to be empty of stool in order for the endoscopist to examine the bowel clearly.

What should I expect?

Prior to your test you will be seen by a qualified nurse who will go through the pre-assessment or admission process with you. A doctor will also speak to you before your procedure. This will give you the opportunity to ask any questions.

Before the test, you will be asked to change into a hospital gown.

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. A nurse and the endoscopist will go through the procedure with you again.

Even if you have provided written consent, you are able to change your mind at any time, even during the procedure.

What happens in the procedure room?

You will be asked to confirm your name, date of birth and any allergies. Once in the procedure room the nurses will do all they can to make you feel comfortable. You will be lie on a trolley and a monitor will be attached to your finger to record your heart rate, oxygen levels and blood pressure will be checked. There is a nurse at your side at all times to reassure you.

You will then lie on your left-hand side and the endoscopist will examine your rectum with their 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 passed along more easily and enable the endoscopist to get the best possible views of the bowel lining. There may be some mild to moderate discomfort (wind like pain). This occurs as the scope is introduced and the bowel inflated with air.

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. Although this may be embarrassing for you, it is encouraged as it will relieve discomfort.

The endoscopist may take some biopsies (tissue samples) or remove polyps during the procedure but this should not cause you any pain.

After the Procedure

You will be transferred to our recovery area where you will get changed. A nurse will explain the results of the procedure and give you written discharge information.

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 Community Endoscopy Centre informing you of the results.**

Who do I contact if I have any questions or concerns?

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.

or

In case of an emergency please contact your GP, call NHS 111 or attend your local A/E Department.