

Flexible Sigmoidoscopy (with phosphate enema on arrival)

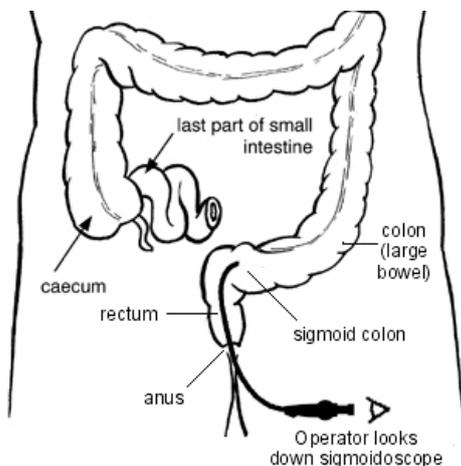
Endoscopy Unit - Investigative procedure information leaflet

Why is this leaflet important?

- **We recommend that you read this leaflet carefully.**
- It will explain some of the benefits and risks of the procedure.
- We want you to have all the information you need to make the right decision.
- You will need to record that you agree to have the procedure by signing a consent form and filling in the nursing assessment.

Why do I need a flexible Sigmoidoscopy?

It has been recommended that you have a flexible sigmoidoscopy to help find the cause of your symptoms. The aim of the procedure is to assess the lining of your bowel to see whether there are any problems and decide if you need further treatment.



What is a flexible sigmoidoscopy?

- A flexible sigmoidoscopy is a procedure which allows us to assess the lining of the last part of the large bowel.
- To perform this examination, we will gently pass a sigmoidoscope through your anus into your large bowel. The sigmoidoscope is a long flexible tube with a bright light at the end, which is about the thickness of your index finger.

Sometimes we will take a biopsy. This is a sample of the lining which we will examine in the laboratory. We will remove this small piece of tissue painlessly using tiny forceps through the colonoscope. It is also possible to remove polyps during the colonoscopy. Polyps are small growths of extra tissue on the bowel wall, which we will want to examine in more detail after we remove them.

What do I need to do to prepare?

Eating/drinking:

- For a successful procedure, it is important that your bowel is completely empty of waste material.
- If your bowel is not clear, the Endoscopist might miss something important or have to repeat the procedure.
- To clear your bowel of waste material we will give you an enema on arrival. You will be taken into a private room, you will be asked to lie on your left side. An enema involves inserting a solution into your rectum to empty your bowel. It will make you feel like you want to go to the toilet, we advise you to hold onto the fluid for about 5 minutes to ensure that the enema works effectively.
- **You can eat and drink as normal up to your procedure time.**

Medication:

- Continue to take your normal medicines up to and including the day of your procedure.
- **If you are taking Warfarin, please continue to take your normal medication, but please ensure that you have a blood test to check your clotting level, two working days prior to your procedure.**

- **Please only contact the Endoscopy Unit if your blood results are over 3.**
- **If you are taking, Phenindione, Rivaroxaban, Apixaban, Dabigatran, Prasugrel, Ticagrelor or any other blood thinning agents Please contact the Endoscopy unit as our Doctors may decide that it is necessary for you to stop taking your tablets for a limited time before your procedure**
- If you are taking iron tablets, you must **stop** taking these **7 days** before the examination. You will be able to start taking them again once the procedure is done.
- **Please bring a list of any medications you are taking and any medication you may need to take after your test.**
- We will need to know if you feel unwell when you are due to come into hospital for your procedure. Depending on your illness and how urgent your investigation is, your procedure may need to be delayed.

General Information:

- Please remove any body piercings and jewellery before you leave home.
- Please do not bring valuables or money with you as Worcestershire Acute Hospitals NHS Trust cannot accept responsibility for these items.
- Please do not wear any nail varnish, lipstick or false nails. Please do not use any fake tan or body lotion on the day of your procedure.
- Due to the nature of this procedure, you may find wearing loose-fitting casual clothes more comfortable to travel home in.
- Your procedure may be performed by trainee doctors or other health professionals under the careful supervision of a Senior Doctor. You can decline to be involved in the training of trainee doctors and other health professionals – this will not affect your care or treatment.
- Our aim is to run the Endoscopy lists as close as we can to time, however the time taken to complete procedures can vary; delays are possible with some procedures; acutely unwell/emergency patients may need to have their procedure performed in advance of planned patients. All of these issues can cause some delays.

What will happen on the day of my procedure?

Before the procedure you will be welcomed and assessed by an Endoscopy Nurse. You may have been given a patient questionnaire to fill in at home. Alternatively, you will be asked to complete this with a nurse on arrival.

We will need to know if you:

- Have experienced any allergies or bad reactions to drugs or tests in the past?
- Suffer from any other medical conditions, for example, diabetes or asthma?
- Are taking any medications?
- Have had any previous endoscopies?

The nurse will discuss the procedure with you, take your pulse and blood pressure and confirm that you wish to go ahead with the procedure.

Sedation:

This procedure does not usually require a sedative, but on some occasions it can be necessary to sedate you; this will be done by giving you a sedative drug by injection through a small tube (venflon) in the back of your hand. **This is not a general anaesthetic**, but will relax you and make you feel sleepy.

Please be aware you cannot have sedation unless you bring someone with you to your appointment, your escort must be available to take you home and care for you for a minimum of 12 hours.

You may be offered Entonox as an alternative to sedation, this a pain relief, self-administered by the patient (gas and air) **(please read additional leaflet on Entonox) you**

will assessed for suitability by the nursing staff. Not all patients are suitable for Entonox

What will happen during my flexible sigmoidoscopy?

In the Endoscopy room you will be made to feel comfortable on a trolley, resting on your left side. A nurse will stay with you throughout the examination.

- A nurse will attach a small device to your finger to monitor your pulse rate and general condition during the examination. We will then give you a sedative injection and oxygen throughout the procedure.(if chosen)
- If you choose Entonox you will be offered the mouth piece
- When the sigmoidoscope has been gently passed in your anus, air will be passed through it to expand your bowel to give a clear view of the lining. This may make you feel bloated. The feeling will pass because most of the air will be removed as the sigmoidoscope is removed from your bowel.
- The procedure generally takes between 10 and 20 minutes to complete.
- If necessary, we will take small tissue samples (biopsies) through the sigmoidoscope. It is possible that we will be able to remove polyps during the procedure and send them to the laboratories for analysis. It is unusual for either of these procedures to be painful.

What will happen after my flexible sigmoidoscope?

After the procedure, you may feel a little bloated with wind pains but these usually settle quite quickly. We will discuss the findings of the procedure with you before you go home. If you have had sedation, the results of your procedure will be discussed with you and the person taking you home with your consent.

Leaving the hospital:

- If you **do not** have sedation, **you will be able to make your own way home or back to work with no restrictions**
- If you **do have** sedation, you will need to recover on the Endoscopy Unit for about an hour.
- You will be offered a drink and a light snack by staff. If you prefer to bring your own food, please do so.
- **If you have sedation for your procedure you must be accompanied home from the hospital by a responsible adult. You must not drive yourself for 24 hours. If you fail to make appropriate arrangements for someone to accompany you home, we may have to cancel your procedure.**
- And once you get home, it is important to rest quietly for the rest of the day. Sedation lasts longer than you think.
- You should not be left alone for 12 hours after the procedure.

For 24 hours after the procedure, you should not: if sedated

- Drive a car
- Sign any legally binding documents
- Take sleeping tablets
- Work at heights – including ladders
- Use machinery
- Drink alcohol

The effects of the sedative injection should wear off within 24 hours, when most patients are able to carry out normal activities again; if you work we do advise you to have the following day off.

Analysing the biopsy/polyps removed:

- We will normally send any biopsies or polyps removed to the laboratory in the hospital for tests. It can take up to 7-10 days for the results to be available.

Risks of the procedure:

A flexible sigmoidoscopy is considered to be a safe procedure, but occasionally there can be side effects and complications. These include the following:

- Bloating and abdominal discomfort (this is not unusual for a few hours following the procedure)
- Bleeding from the biopsy site
- Reactions to the laxatives given
- Loose bowel actions for 24 hours after the procedure
- Reactions to the medication given

And very unusually:

- The bowel puncturing during the procedure

Sometimes, surgery is needed to put right these types of complications.

You will be cared for by a skilled team of doctors, nurses and other health-care workers who are involved in this type of procedure every day. If problems arise, we will be able to assess them and deal with them appropriately.

If you are attending the Endoscopy Unit at Kidderminster Hospital or Evesham Community Hospital, to deal with any problems that may arise during or after your procedure we may need to transfer you to the Alexandra Hospital in Redditch or the Worcestershire Royal Hospital in Worcester.

Contact Details:

If you have any specific concerns about your procedure, that you feel have not been answered and need explaining, please contact the following:

Alexandra Hospital Redditch

- Booking Office – 01527 505751
- Endoscopy Nursing Staff – 01527 512014

Evesham Community Hospital

- 01386 502443

Kidderminster Hospital

- Booking Office – 01562 826328
- Endoscopy Nursing Staff – 01562 513249

Worcestershire Royal Hospital

- Booking Office – 01905 760856
- Endoscopy Nursing Staff – 01905 733085

Other Information:

The following internet websites contain information that you may find useful:

- www.worcestershirehealth.nhs.uk/Acute_Trust
Information about Worcestershire Acute Hospitals NHS Trust
- www.patient.co.uk
Information on fact sheets on health and disease (Diagram taken from website)
- www.nhsdirect.nhs.uk
On-line health encyclopaedia and best treatments website

Patient Services Department:

If you have any concerns about your care, you can contact the Patients Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your complaints/concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester, WR5 1DD, or contact the Patient Services Department for advice.

Please contact Patients Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাসেঞ্জ সার্ভিসের সাথে যোগাযোগ করুন।”

Urdu

“اگر آپ کو یہ دستی اشتہار کسی متبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایڑی ریڈ) تو پبلیشمنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔”

Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

Chinese

“如果您需要此份傳單的其他語言選擇或其他版本 (如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733與病患服務處聯繫。”

Comments

We would value your opinion on this leaflet, based on your experience of having this procedure done. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name of leaflet: _____

Date: _____

Comments:

Thank you for your help.