Kind Excellent Together

NHS
University Hospitals of North Midlands
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Patient Information

Flexible Sigmoidoscopy (Enema on Arrival)

Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

Contents

Introduction

Your Specialist has recommended that you have a flexible sigmoidoscopy to investigate your symptoms.

You will be asked to attend either Royal Stoke Hospital Endoscopy Unit or County Hospital Endoscopy Unit.

Your appointment

- Please check your appointment letter before attending to make sure you attend the correct site.
- **If you request sedation, you need to arrange for an escort to take you home otherwise your procedure will be cancelled. The escort needs to stay with you for 12 hours once you return home.**
- As you will need to see the Admission Nurse first, the time you are given to attend is not the time of your flexible sigmoidoscopy.
- The time is approximate due to different procedures taking different time periods.
- Emergency procedures will take priority.
- **Expect to be in the unit for up to 3 hours approximately**.

Endoscopy appointments are in high demand so if you are unable to attend your appointment, please contact the Endoscopy Unit as soon as possible

Tel: 01782 676010

This will allow your appointment to be offered to another patient.

If you call to cancel your appointment, you will need to provide:

- Your full name.
- Date of birth.
- Date of your procedure.
- Contact telephone number.

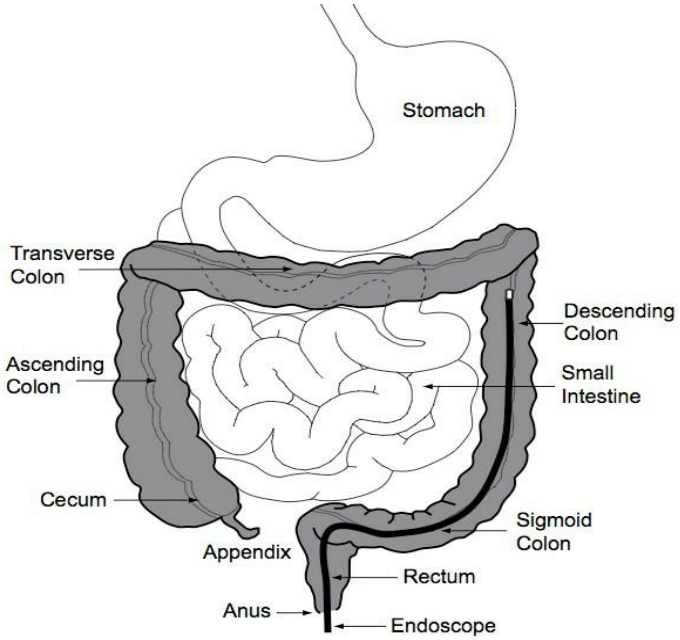
You are advised to discuss with your doctor the implications of not having this procedure.

What is a flexible sigmoidoscopy?

A flexible signoidoscopy is a test which allows the Doctor/Nurse Specialist (Endoscopist) to look directly at the lining of the left side of the large bowel (colon).

A long flexible telescope (colonoscope), about the thickness of your index finger, with a bright light at its tip, is carefully passed through the bottom (anus) and around part of your bowel.

Diagram to show the procedure



- A digital video camera on the colonoscope transmits pictures of the inside of your colon to a monitor. This enables the Endoscopist to be able to look for any abnormalities.
- A biopsy (small piece of tissue) may be taken using tiny biopsy forceps. This does not cause any pain.
- If polyps (projections of tissue, rather like mushrooms) are found, sometimes these can be removed or a biopsy taken to be sent for further tests.
- Sometimes polyps are not removed, and you may need a further test. This will be discussed with you before you go home

What are the benefits and risks?

The procedure helps to investigate symptoms and be able to treat them.

A flexible sigmoidoscopy does have its risks, but major and serious complications are rare. These will be discussed with you and any risks identified before you sign the consent form.

These can include:

- **Bleeding** can happen specifically after taking a biopsy or after removing a polyp, however this should stop quickly within a few days.
- **A significant bleed** is an infrequent occurrence, however, the risk of this is less than 1 in 200 for large polyp removal. If a significant bleed were to happen, further treatment may be required such as a blood transfusion. Do not travel overseas for 2 weeks following removal of polyps as bleeding can be delayed in some cases.
- **A perforation (tear in the bowel) is very rare**. The risk of perforation is less than 1 in 1000. If a significant perforation were to happen, further treatment may be required such as surgery or a stay in hospital.
- **Reaction to medication,** for example, sedation and painkillers.
- **Missed Pathology**. This is where a diagnosis was not noticed.

Every effort is made to reduce these risks but if you have any concerns, please speak to Endoscopist or a member of the Endoscopy team.

What preparation will I need for my flexible sigmoidoscopy?

Your bowel must be completely empty of waste material (faeces) for the Endoscopist to have a clear view.

You will be given an enema, which is inserted into the back passage.

The Nurse will administer the enema into your bottom (anus) and ask you to hold the enema for 10-15 minutes. If you are unable to hold the enema for this time, do not worry as you will have a private room with its own toilet facilities.

The procedure may have to be repeated at a later date if your bowel is not empty enough

Preparation instructions

Day of flexible sigmoidoscopy	Unless you are told otherwise, no food **6 hours** prior to your appointment. Please **stop drinking** clear fluids **2 hours before** your appointment at the hospital.
What should I bring on the day?	• If you are diabetic please bring with you your insulin or tablets. • Your prescription medication. • Your reading glasses so that you can read the consent form. • You are welcome to bring your own dressing gown and slippers. • Contact details of your escort/relative collecting you.
When you arrive If you need someone to support you throughout your stay, please call the unit to arrange.	Please report to the Endoscopy Reception. You will be greeted by a Nurse and then: • You will be asked several questions about your health and current medication. • Your blood pressure and pulse will be taken. • You may be asked to sign a consent form. • You will be taken to a private single sex area. • You will be asked to undress and change into a theatre gown or if you have brought them, your own dressing gown and slippers. • A cannula (small needle) will be inserted so intravenous medication can be given if this has been requested. • **Please talk to us about any worries or concerns that you may have.**

What about my medication?

- If you are taking any blood thinning medication, for example, Warfarin, Clopidogrel, Apixaban, Rivaroxaban, etc., please contact the Endoscopy Unit Tel: 01782 676006.
- There is no need to stop low dose aspirin, for example, 75mg/day.
- If you are diabetic, please contact the Diabetic Nurse Specialist for advice.
- **If you take Iron tablets, please stop them 5 days before the test**.
- If you have a stoma, please contact your Specialist Nurse for advice.
- If you have any other medication concerns please speak to your GP.

Your flexible sigmoidoscopy procedure

The procedure will take place in the Endoscopy Theatre.

- You will be kept as comfortable as possible.
- You will need to lie on your left side.
- A Nurse will stay with you throughout the procedure.
- Each stage of the procedure will be explained to you as it happens.
- Your oxygen levels and pulse will be monitored as well as your level of comfort.
- You may be given oxygen during the test, through little prongs that fit just inside your nostrils.

Sedation and painkiller options

- '**Gas and air' (entonox) is a mild sedative and painkiller**. This method will help you to feel more comfortable and relaxed and will wear off in half an hour.
- **Moderate sedative (Midazolam) and strong painkiller (Fentanyl).** This method will help you to relax but it is not a general anesthetic. This is given through a small needle placed in a vein on the back of your hand. This can affect your breathing so you will be monitored during the procedure and given oxygen.
- **Deep Sedation (Propofol)** is only available in exceptional circumstances and requires an anesthetist to be present. The Nurse/ Consultant will have discussed this with you before your procedure.

During your procedure

- The Endoscopist will carefully perform a rectal examination first with a gloved finger and then pass the colonoscope through your bottom (anus) into your rectum and on into your left side of the colon.
- You will feel some abdominal cramping and pressure from the air introduced into your colon which is normal and will pass quickly.
- You may get the sensation of wanting to go to the toilet, but since the bowel is empty there is no danger of this happening.
- You may feel you need to pass wind and, although this may be embarrassing, remember the staff do understand what is causing it.
- If you need to change position during the procedure, a Nurse will help you.
- The Nurse may need to press on your abdomen for a few moments during the procedure to help the colonoscope around awkward bends in your bowel. You will be warned before any pressure is applied.
- The Endoscopist may take tissue samples (biopsies), photographs or a video of your bowel, even if it all looks normal.
- At the end of the examination, the colonoscope is removed quickly and easily.
- The procedure usually takes 10 to 20 minutes.

After your procedure

- You may feel bloated because air remains in your bowel. This will settle as you pass wind.
- Your blood pressure and pulse will be monitored.
- If you have been given intravenous sedation you will need to rest in the recovery area until you are fully awake (usually one hour).
- If you have used gas and air (Entonox), you should be able to leave after 30 minutes as the sedative effects wear off quickly.

Going Home

If you have received intravenous sedation:

This impairs your reflexes and judgment, so you need to ensure that a responsible adult escorts you home and stays with you for 12 hours.

Your procedure will be cancelled if you do not have an escort to collect you and take you home.

For 24 hours after the procedure, you must not:

- Drive.
- Operate machinery.
- Drink alcohol.
- Sign legal documents.

If you have received Entonox (gas and air):

- It wears off within 30 minutes and you should be able to drive home.
- You do not require an escort home.

You will be given any written information that you need when you leave the hospital.

Your medication after the procedure

We will talk to you about your medication after the procedure and before you go home in case changes to your medication are needed.

When will I know the results?

You will be told about the results when you are ready to be discharged and provided with a copy of the flexible sigmoidoscopy report. A copy will also be sent to your GP or whoever the referred came from.

Please bring someone with you when you receive your results in case you forget any information due to the sedation you have received.

Concerns or questions

For further advice please contact the Endoscopy Unit between 8am and 5pm Monday to Friday:

Endoscopy Unit Tel: 01782 676010

Please leave your contact number, full name, date of birth and date of your procedure as this is a voicemail facility. We will return your call as soon as possible.

Sources of information and support

For further information (including videos of what to expect during your appointment), please visit our website:

www.uhnm.nhs.uk/our-services/endoscopy/

Free Bus Service

There is a free shuttle bus service between Royal Stoke and County sites. Members of the public who wish to use this service are required to pre-book their journey in advance:

Shuttle Bus booking line Tel: 01782 824232

How to find us:

County Hospital (formerly Stafford Hospital), Weston Road, Stafford, ST16 3SA. Tel: 01785 257731 **Endoscopy Unit is on the ground floor.**	**Royal Stoke Hospital**, Newcastle Road, Stoke-on-Trent, ST4 6QG. Tel: 01782 715444 **Endoscopy Unit is on lower ground floor 1.**

Please note car parking charges may apply.