

Your appointment at the Endoscopy Unit is:-

on at

Whilst we try to keep to time, some delays are unavoidable. Please allow approximately half a day. You can call the Endoscopy Unit on:- 01633 - 234225.

Flexible Sigmoidoscopy

This leaflet aims to answer questions you may have about flexible sigmoidoscopy and what to expect during your visit. It does not cover all the known facts. If you have any queries, please ask a member of the Endoscopy team.

What is a flexible sigmoidoscopy?

It is a test, which allows a look at the lower part of the large bowel (sigmoid colon). The endoscopist will use a flexible tube with a light at the end. The tube is passed through the rectum (back passage) into the bowel to allow a thorough inspection of the lining of the large **bowel**. You must have an empty bowel.

Why do I need a sigmoidoscopy and are there any benefits?

Your doctor decided that the lining of your bowel (colon) needs to be examined, and a sigmoidoscopy is the best way to do this. It may be that the doctor has discussed having a sigmoidoscopy to have some treatment, such as the removal of small polyps.

What are the risks of having a sigmoidoscopy?

All endoscopic procedures carry a very small risk of perforation (puncture) of the bowel wall, which may need to be repaired by means of a surgical operation.

The risk of perforation or bleeding is increased if it is necessary to remove polyps.

What will I need to do before I have a sigmoidoscopy?

- **IMPORTANT: If you are a diabetic, on Warfarin or Clopidogrel or have any concerns regarding your medication, please ring:- 01633 – 234225/9 as you may need further information. If you are taking Iron tablets you should stop taking them 7 days before your appointment. If you are taking bulking agents for example, Fybogel, Regulan, Procobibe, Loperamide, Lomotol, Codeine phosphate etc, you should stop taking them 14 days before your appointment.**
- You will need to follow the enclosed instructions for your phosphate enema which must be completed before you attend for clinic. **If you are unable to complete the enema yourself, do not worry, bring it along with you to your appointment and a Nurse will do this for you. You may eat and drink up until your appointment time, however a light diet is only recommended.**
- **However if you have been prescribed and sent bisocodyl you need to follow the diet sheet.**
- Bring an up to date list of any medications/allergies.
- Please remove nail polish and any false nails.
- Please wear loose fitting clothing, and bring a change of clothes along (e.g. pyjama bottom, tracksuit bottom, dressing gown).
- Do not bring any valuables or jewellery into the hospital. We cannot be held responsible for any loss or damage.
- **Please bring your consent form with you.**

What will happen at the Endoscopy Unit?

- When you arrive, please book in to reception.
- One of the nurses will explain the test to you.

- You will be taken into a ward area.
- You will be taken to theatre where the test is done.
- **You will be asked to give consent for your examination.**

What will happen during the sigmoidoscopy?

You will be asked to lie on your left-hand side with your knees slightly bent towards your chest. The whole test takes about 10 minutes. Some air is put into the bowel so that we get good views. You may experience some abdominal discomfort for a short time. You may also get the sensation of wanting to go to the toilet, but as the bowel is empty this will not happen. The endoscopist may take a biopsy (a sample). This is removed painlessly using forceps. It is also possible to remove polyps the same way or you may be called back for a colonoscopy to examine all the bowel.

What is a polyp?

A polyp is a benign (non-cancerous) warty growth on the bowel wall that can range in size. If left, they can sometimes become cancers. Most polyps can be removed painlessly and completely during the test.

How will I feel after the sigmoidoscopy?

- You may feel a little bloated and you may have some flatulence.
- Occasionally there may be some bleeding, but this should not last more than 24 hours.

How should I look after myself afterwards?

- Do drink plenty of fluids. You can resume your normal diet.
- If you are still bleeding more than 24 hours after your test, you should contact your GP.

Will I be told the results?

Yes, a member of the Endoscopy team will discuss the results of your tests with you.

Checklist

- Confirm appointment.
- Use the phosphate enema, if able.
- You may eat or drink a light diet, unless you have been prescribed and sent Bisocodyl, if so, you need to follow the diet sheet.
- Bring an up to date list of medications/drug allergies.
- Bring your consent form (enclosed with this leaflet).
- List of any questions/concerns.
- Bring a change of clothes, jogging bottoms, pyjama bottoms or dressing gown.

If you have any questions regarding your appointment please contact a member of staff at:-

Endoscopy Unit
Floor 3
Royal Gwent Hospital
Cardiff Road, NEWPORT
NP20 2UB

Tel. No:- 01633 - 234225

(Tear off)

I have read and understood this leaflet on Flexible Sigmoidoscopy (PIU545)

Patient Name:- (print)

Unit Number:-

Signature of patient:-

Date:-

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**