Having a Flexible Sigmoidoscopy (with Kleanprep)

Gemini Endoscopy Suite
Tel: 01271 349180

Patients name: ............................................................
Hospital No: ............................................................
Your appointment is at ......................... on ......................

This leaflet will answer many of your questions about your flexible sigmoidoscopy. However, if you would like to speak to someone, please contact the Gemini Endoscopy Suite on 01271 349180.

Why is a flexible sigmoidoscopy needed?
This examination allows us to look directly at the bowel. This means we can check whether any disease is present and will help us find the cause of your symptoms.

What does it involve?
A sigmoidoscope is a thin, flexible tube, with a camera at the end. It is passed through your rectum (back passage) into your colon. There are medications you can choose to help you through your flexible sigmoidoscopy. These include:

Sedation: the type of sedation used is called waking sedation. It does not knock you out but will help you to relax during the procedure.

Pain relief: gas & air (Entonox).

You may choose to have one or more of these. Some patients choose to have no medications at all.
Sometimes a small amount of tissue (biopsy) may need to be taken from a particular area for further examination in the laboratory. The tissue is removed using tiny forceps passed through the sigmoidoscope. This is usually painless. However, you may feel a tugging sensation. During the test, photographs of you bowel may be taken.

**How to find us**

The Gemini Endoscopy Suite is located on Level 0 at the North Devon District Hospital in Barnstaple.

If you come in through the main hospital entrance, use the lifts or stairs to go down to Level 0. On leaving the lift turn right and head for the link corridor. The corridor forms a ‘crossroad’ - take the right turn and follow the corridor up to a double set of doors, through the doors and the Gemini Endoscopy Suite is on your left. Please press the buzzer to obtain access to the Suite.

If you come in from the Endoscopy Drop-off Zone, go through the blue door and the entrance to the Gemini Endoscopy suite is directly opposite.

[Hospital map](#)

**Special preparations**

If you are on medication to thin your blood, for example **Warfarin** or **Clopidogrel**, and this has not been discussed at pre assessment, please contact the Gemini Endoscopy Suite, as soon as possible, on 01271 349180 before you come into hospital.

If you are a diabetic on medication (insulin or tablets), you may need to adjust your dose. For advice, please contact the Diabetic Liaison Nurse on 01271 322726 or contact the Gemini Endoscopy Suite.

**Please follow these steps to prepare for your flexible sigmoidoscopy**

To ensure an empty bowel and a complete examination, please follow our advice carefully.

**Five days before flexible sigmoidoscopy**

**Please avoid granary or multiseeded bread and crisp breads, also any cereals containing seeds eg: muesli, granola.**

If you take iron tablets or medications to control diarrhoea, please stop taking them until after your flexible sigmoidoscopy. You should continue to take any other medications, including laxatives.
One day before flexible sigmoidoscopy, taking your bowel prep:

Do not eat any solid food for at least 2 hours before you take Klean-Prep.

You should not eat any food until after your flexible sigmoidoscopy, but please drink freely from the list of permitted fluids.

Eat your last meal around midday. Wait 2 hours before starting your bowel prep.

Take Klean-Prep during the afternoon and evening of the day before your appointment. This will take 4 - 6 hours altogether.

Suggested times: 1st sachet at 2pm, 2nd sachet at 4pm, 3rd sachet at 6pm and last sachet at 8pm.

Instructions for taking Klean-Prep

1. Empty the contents of one sachet of Klean-Prep into 1 litre (1¾ pints) of water.

2. Stir until the solution is clear. You may flavour the klean-prep with squash if you wish. Do this by the glass so you can change flavours as often as you want.

3. Drink 1 glassful (¼ pint or ½ pint) of Klean-Prep about every fifteen minutes until you have drunk it all.

4. Make up and take the next sachets in the same way. You should be starting to have watery bowel movements so stay near a toilet.

5. The effects of the bowel prep may give you a sore bottom, to help prevent this use a barrier cream eg: Sudocream, zinc and castor oil, or any type of nappy cream. Apply the cream to the appropriate area, before starting the bowel prep. Use moist toilet/ baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

Permitted fluids

It is important to drink plenty of clear fluids in addition to the bowel prep. Drinks might include:

- All types of water
- Lucozade & any other sports drinks
- Tea & coffee (little or no milk), fruit & herbal teas
- Fizzy drinks, eg. Coke, ginger beer, tonic water etc
- Clear fruit juice, apple, cranberry, red/white grape juice, not orange juice
- Any fruit squashes
• Hot honey & lemon
• Oxo, Marmite, Bovril
• Consommé/clear soup

You can also have:

• Any sugar-based sweets, eg. Jelly babies, fruit pastels, wine gums, Polos, dextrose tablets
• Jellies (not red-colored)

**Possible side-effects of preparations**

When taking these preparations, feeling sick, fullness in your stomach, bloating and some intestinal cramping may be experienced. If any of the side-effects become serious, contact the Endoscopy Unit on **01271 349180** or ring your GP for advice.

**PLEASE NOTE:** Do not take any other medicine by mouth within one hour of taking Klean-Prep, as it will probably be flushed out before it has time to work.

**The day of your flexible sigmoidoscopy**

On the day of your examination continue to drink clear fluids until 2 hours prior to your flexible sigmoidoscopy. For those 2 hours it is necessary to remain nil by mouth until after your procedure.

**What to bring**

Please bring:

• Consent form (if given at pre-assessment)
• Dressing gown and slippers
• A list of/or any tablets or medicines you are taking
• Your reading glasses

Please do not wear jewellery, make-up or nail varnish for this appointment.

Do not bring any valuables with you, as we cannot take responsibility for any losses.

**What will happen during the test?**

You will be asked to lie on your left side on the trolley and made as comfortable as possible. A probe will be placed on your finger and a blood pressure cuff put on your arm. This is to monitor your pulse and blood pressure during the procedure, and is routine.
A small plastic tube may be placed in to a vein in your arm or hand, if sedation is requested. This is used to give you a sedative to make you more relaxed and sleepy.

The doctor will then pass the sigmoidoscopy gently into your rectum (back passage) and then proceed on to your colon (large bowel). The examination usually takes about 15-20 minutes.

**What should I expect after the test?**

After the examination, you will be taken to the recovery area, where you will be able to rest and relax. You will feel the need to pass quite a lot of ‘wind’ from your bowels. This may last for about 12 hours and is quite normal after this procedure.

If you have had a biopsy taken (small sample of tissue), you may notice a small amount of blood from your rectum (back passage), either on the toilet paper or in the toilet pan.

**What are the possible complications?**

This is a safe procedure. Complications such as perforation (a tear of the bowel wall) and bleeding can occur during the procedure, but are very rare. You will be closely checked throughout the test and if there is any cause for concern, the test will be stopped immediately.

**When will I be able to go home?**

As you will only have had sedation for this examination, you will be able to go home within about 2½ hours of your appointment time. However, it is imperative that someone comes to pick you up (please do not use public transport). You should be accompanied home by a responsible adult who should stay with you for at least 12 hours if you live alone. If this is not possible, then please contact the Gemini Endoscopy Suite.

Once home, it is important to rest quietly for the rest of the day. You can eat and drink normally. However, you must not drink alcohol, drive, sign legal documents or operate machinery for 24 hours. It is also advisable to take the following day off work.

**Useful telephone numbers**

- Gemini Endoscopy Suite 01271 349180
- Mr. Cartmell’s secretary 01271 370241
- Mrs. Cross’ Secretary 01271 370285
- Ms. Beaton’s Secretary 01271 370241
- Dr Moran’s Secretary 01271 322734
• Dr Davis’s Secretary 01271 322447
• Dr Theron’s Secretary 01271 322734
• Colorectal Nurse Specialist 01271 322464

Test results
The results of your test will be sent to your GP. Please make an appointment to see him/her to discuss these.

Further information
If you have any queries or concerns about your flexible sigmoidoscopy, please do not hesitate to contact the Gemini Endoscopy Suite.

PALS
The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively, it may be possible for us to arrange an appointment in your area.

Have your say
Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the ward staff or the PALS team in the first instance.

‘Patient Opinion’ comments forms are on all wards or online at www.patientopinion.org.uk.