

## Having a Flexible Sigmoidoscopy with full bowel prep

Gemini Endoscopy Suite  
Tel: 01271 349180

Patients name: .....

Hospital No: .....

Your appointment is at ..... on .....

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

This leaflet will answer many of your questions about your flexible sigmoidoscopy. However, if you would like to speak to someone, please contact either the Gemini Endoscopy Suite or the colorectal nurse specialist. The telephone numbers are at the end of this leaflet.

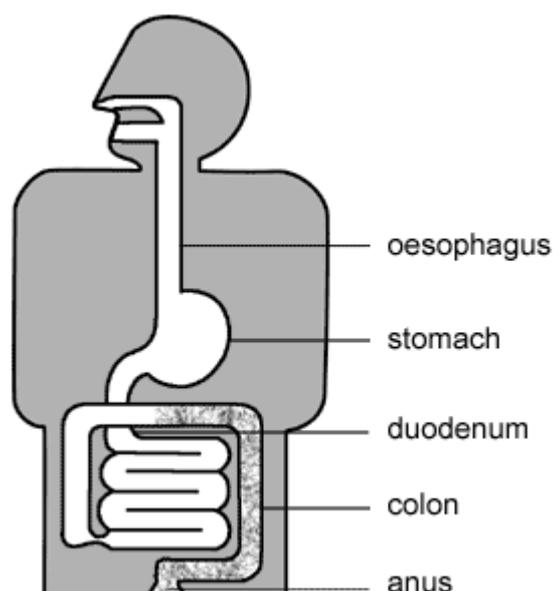
### Why is it needed?

This test allows the doctor to look directly at the lining of the bowel. This means we can check whether any disease is present and will help us to find the cause of your bowel symptoms.

### What does it involve?

This is a simple examination, which enables the doctor to view the inside of your large bowel. A tiny camera on a flexible tube will be carefully passed through the rectum (back passage) and into the large bowel.

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 painlessly removed using tiny forceps passed through the sigmoidoscope.



Having a flexible sigmoidoscopy is not painful, although some people may find it uncomfortable. Entonox gas (gas and air) **may** be given if needed.

When you come to the department, a nurse will discuss the test with you. This is to ensure that you understand what the test involves. If you have any questions or worries, don't be afraid to ask.

## 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.

If you come in from the Endoscopy Drop-off Zone, you will need to walk between the building and the small grey building to find a blue door on your right. Go through the blue door and the entrance to the Gemini Endoscopy suite is directly opposite.

## Special precautions

- If you are taking **any of the following medications**, 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.
  - **Warfarin**
  - **Rivaroxaban**
  - **Dabigatran**
  - **Edoxaban**
  - **Apixaban**
  - **Clopidogrel**
  - **Prasugrel**
  - **Ticagrelor**
- If you are diabetic on medication (insulin or tablets) and need advice, please contact the Diabetic Liaison Nurse on 01271 322726.
- If you are on **iron (ferrous sulphate)** tablets, please stop taking them one week before your appointment.
- If you have any allergies or have had a bad reaction to drugs or other tests, please tell the nurse on admission and/or doctor.

**For the sigmoidoscopy to be carried out successfully, your rectum (back passage) and large bowel must be clear of any waste material.**

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

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

### **Five days before sigmoidoscopy**

**Please avoid foods containing small seeds.** These include granary or multi-seeded bread, crisp breads, cereals containing seeds such as muesli, granola, and fruits such as raspberries and strawberries.

If you take iron tablets or medications to control diarrhoea, please stop taking them until after your colonoscopy. You should continue to take any other medications, including laxatives.

After your pre-assessment your bowel prep will be sent to you via the post. **Please read the instructions for taking the bowel prep enclosed.**

### **Four days before sigmoidoscopy**

**Please have this low residue diet four days prior to your procedure until you are told to stop eating.**

<b>Choose</b>	<b>Avoid</b>
<b>Flour:</b>	
White	Wholemeal or granary flour, wheatgerm
<b>Fruit and vegetables:</b>	
Potatoes – boiled, mashed or chipped – no skin	All fruit and vegetables (including mushrooms)
<b>Savouries:</b>	
Chicken, turkey, fish, cheese, eggs, shellfish and tofu	All red meats
<b>Puddings, pasteries, cakes etc:</b>	
Milk pudding, mousse, sponge cake, madeira cake, rich tea biscuits or wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit (eg. fruit cake), Ryvita, digestive or Hobnobs biscuits, rice and/or corn cakes
<b>Dairy and dairy alternatives:</b>	
All dairy, nut, hemp and pea milks All dairy and coconut based yogurt and ice cream (without fruit/nut pieces) Butter, margarine and spreads	Oat and soya milk, soya based yogurt and ice cream
<b>Preserves, confectionary, crisps:</b>	
Sugar, jam, marmalade, honey, syrup, lemon curd, plain chocolate (no fruit and/or nuts), corn based crisps (eg. Wotsits)	Jam or marmalade with pips, skin and seeds, sweets and chocolates containing nuts and/or fruit, muesli bars Potato, lentil or pea based crisps
<b>Soups:</b>	
Clear and sieved	Chunky vegetable, lentil or bean soups

<b>Cereals:</b>	
Cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops	Wheat bran, All Bran, Weetabix, Shredded Wheat, oat bran, bran flakes, wheat flakes, muesli, Ready Brek, porridge
<b>Bread:</b>	
White	Wholemeal, high fibre white, soft grain, granary or oat bread
<b>Pasta, grains, legumes/pulses, noodles :</b>	
White pasta, rice and noodles	Wholemeal pasta and noodles, brown rice, quinoa, oats, pearl barley, buckwheat, lentils, beans, chickpeas, split peas, couscous, semolina
<b>Miscellaneous:</b>	
Salt, pepper, vinegar, mustard, salad cream, mayonnaise, boiled sweets, glucose tablets, mints	Nuts, quorn, fresh ground peppercorns, hummus

## One day before sigmoidoscopy

**Stop eating** as per your instructions. You may continue to drink, from the list below, during this time.

- The effects of the bowel prep may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocrem, 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 or any other sports drinks
- Tea, coffee (little or no milk), fruit / herbal teas
- Fizzy drinks eg. Coke, ginger beer, tonic water
- 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:

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

## The day of your sigmoidoscopy

On the day of your examination continue to drink clear fluids until 2 hours prior to your appointment time you will remain **nil by mouth** until after your procedure.

## What to bring

Please bring:

- Phone numbers for your Next of kin and the person collecting you (if different)
- Consent form
- A dressing gown and slippers
- A list of or any tablets or medicines that you are taking, including supplements and herbal remedies
- Your reading glasses

Please wear minimal jewelery, 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. This is just to monitor your pulse during the procedure and is routine.

You can use the Entonox gas (gas and air) to relieve any discomfort during the procedure.

The doctor will then pass the sigmoidoscope gently into your rectum (back passage) and then into your large bowel. The image will be transmitted onto a television monitor, which you may or may not wish to watch. The examination usually takes about 10-20 minutes; when finished, the sigmoidoscope is removed easily, causing little discomfort.

## 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 a lot of excessive 'wind' from your bowels. This may last for about 12 hours and is quite normal after this procedure. If you have had a biopsy (small sample of tissue) taken, you may notice a small amount of blood from your anus (back passage) either on the toilet paper or in the toilet pan.

## What are the possible complications?

This is a safe procedure. However, there are some small risks.

**Perforation:** It is possible to damage the bowel by making a small hole or tear, called a perforation. The risk of this happening is approximately 1 in 1000 tests. This will usually result in admission to hospital and in some cases an operation to repair the hole.

**Bleeding:** It is not uncommon to have a small amount of blood loss after biopsies or polyp removal, which normally settles within 24 hours. If the blood loss persists or is excessive you may be admitted to hospital for observation and in some cases an operation and /or blood transfusion. The risk of this happening is approximately 1 in 1000. Bleeding can occur up to 10 days after the procedure.

**Missed pathology:** A colonoscopy is the best test to examine the large bowel, but we can miss abnormalities, sometimes even important ones. We take great care to minimise this risk as far as humanly possible.

You will be closely monitored throughout and if there is any cause for concern, the test will be stopped immediately.

## When will I be able to go home?

You will be able to go home **within 2 to 3 hours** of your appointment time. Please **do not** use public transport.

If you have had the Entonox gas (gas and air), you **must not** drive for half an hour after your procedure.

Once home, it is important to rest quietly for the rest of the day.

You may eat and drink normally once at home.

## Test results

The results of your test will be given to you and explained before you go home and a copy of the report will be sent to your GP.

## Further information

**If you are not able to attend for your appointment please contact the booking team as soon as possible, as we can offer your appointment to another patient.**

Doctors and nurses training in Endoscopy at many different levels attend unit or department and will be involved in your care under the direct supervision of experienced consultants and nurses. If you do not wish to be involved in training these experts of the future please contact the Booking Office.

If you have any queries or concerns about your sigmoidoscopy, please do not hesitate to contact the Gemini Endoscopy Suite. You can access the Endoscopy Unit webpage on the Northern Devon Healthcare NHS Trust website at [www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk). Go to 'Our services' then 'Endoscopy'. Click on 'Endoscopy FAQ' for more information.

## Useful telephone numbers

- Gemini Endoscopy Suite 01271 349180
- Mrs Cross' secretary 01271 370285
- Mr Cartmell's secretary 01271 370241
- Ms Beaton's secretary 01271 370241
- Dr Moran's secretary 01271 322734
- Dr Davis's secretary 01271 322447
- Colorectal nurse specialist 01271 322464

### 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 email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

### 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 staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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