

## St Nicholas Endoscopy Unit

### **WHAT IS A SIGMOIDOSCOPY?**

Your Doctor has referred you for an examination of your back passage (rectum), this is called a Sigmoidoscopy.

### **HOW IS THIS PROCEDURE DONE?**

This examination involves the Doctor passing a small tube through the anus to view the inside of the bowel area. Tissue samples (biopsy) can be taken if necessary.

You may require treatment of your haemorrhoids, which may involve banding or injection.

### **CAN I EAT AND DRINK?**

Yes, you may eat and drink normally on the day of the procedure.

### **CAN I TAKE MY USUAL MEDICATION?**

Yes, it is important you take all your usual medication at the normal times.

Patients who are taking **Warfarin**, **Clopidogrel** or other Anticoagulants are **not** suitable patients to receive haemorrhoid treatment in the Community Setting. Patients taking any of these drugs, need their GP to refer them to the Local Hospital for haemorrhoid treatment.

### **IF YOU REQUIRE HAEMORRHOID BANDING**

After examining your lower bowel, the Doctor will treat your haemorrhoids by applying 3 or 4 rubber bands above the haemorrhoids in your rectum. Once applied, the bands cut off the blood supply to the haemorrhoids, which then shrink away. This method is often used for larger haemorrhoids.

## **AFTER TREATMENT**

After this procedure it is important that you have someone to take you home by car.

## **CAN I WORK?**

You should rest for the remainder of the day, and plan to have 2-3 days off from work after the procedure, especially if it involves heavy lifting or standing for long periods of time. If you need advice on this please contact the Unit to discuss any issues prior to your appointment.

If you are travelling abroad within the next 4 weeks following this procedure, due to travel medical insurance difficulties it may be appropriate to postpone treatment until you return home.

Please discuss any travel possibilities with the Unit Administrator or a member of the Nursing Team prior to booking your appointment.

## **INJECTION TREATMENT**

Some haemorrhoids are best treated with an injection of phenol into the rectum above the haemorrhoids. This shrivels the blood supply to the haemorrhoids which in turn shrink.

## **AFTER TREATMENT WITH INJECTION**

It is important you get someone to take you home by car, also to keep your bowel movements free following either procedure. We recommend eating a high fibre cereal for breakfast and at least 3 pieces of fruit per day, **in addition to a high fluid intake of at least 8 mugs of fluid per day.**

**If you have any concerns or questions, please contact the Unit on 01553774221 option 4.**

**PLEASE REMEMBER TO READ YOUR CONSENT FORM (ENCLOSED) AND BRING IT WITH YOU TO THE APPOINTMENT.**

## **PREPARATION FOR USING SUPPOSITORIES**

Approximately 1 ½ hours before attending the Unit you need to insert two glycerin suppositories (supplied) to remove any stools that may obscure the Doctor's view.

- 1 Remove suppositories from plastic covering
- 2 Put on the gloves provided
- 3 Moisten suppositories in warm (not hot) water
- 4 Insert suppositories into your back passage (rectum)
- 5 Please hold the suppositories in your back passage (rectum) for a minimum of 20 minutes or for as long as possible.

**REGARDLESS OF THE RESULT, PLEASE ATTEND YOUR APPOINTMENT**