



## **St Nicholas Endoscopy Unit, Dersingham**

### **Flexible Sigmoidoscopy Information**

This leaflet has been designed to provide information for patients undergoing a flexible sigmoidoscopy procedure

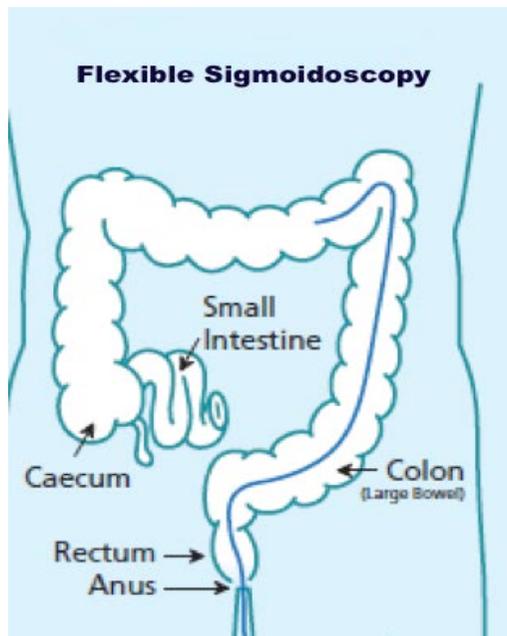


## How to find our endoscopy unit

Church Lane, Dersingham, Norfolk PE31 6GZ

### What is a flexible sigmoidoscopy?

A flexible sigmoidoscopy is an examination of the inside of the lower part of the large bowel, using a slim flexible tube passed through your anus. The tube contains a digital camera, allowing the endoscopist to look for problems which may be causing your symptoms. The procedure takes about 15 - 20minutes.



**The Endoscopy Unit from St James Medical Practice**  
 1 St Nicholas Court, Church Lane, Dersingham, Norfolk PE31 6GZ  
 For further details about our services or facilities contact our Endoscopy Team  
 t: 01553 774221 option 4.

## Do I need an anaesthetic for a flexible sigmoidoscopy?

A general anaesthetic is not required for these procedures.

For flexible sigmoidoscopy patients may choose to have the procedure carried out by receiving Entonox (gas and air). This relieves the discomfort, and you remain in control of the mouthpiece to inhale it.

If you have Entonox, you can resume all your normal activities, including driving after 30 minutes.

## What preparation is required before a flexible sigmoidoscopy?

For this examination to be successful, your bowel must be empty. It is important that you take the bowel preparation sent to you and follow the detailed instructions about taking it and what you can eat and drink.

**Please try to avoid eating seeded foods for one week before your procedure.**

**Anticoagulant advice:** If you are taking **Clopidogrel, or other anti-platelet tablets**, you **may** be asked to stop it **5 days before the procedure** if it is considered safe for you to do so. If this applies to you details will be included in your appointment letter. You do not need to stop taking aspirin

If you take **warfarin or other blood thinning tablets**, please contact us as you **may** have to stop them prior to the procedure. If you have to stop warfarin it is usually for **5 days before your appointment and you need to have an INR done at your practice the day before and bring the result along with you on the day of the procedure.**

**If you are taking Apixaban, Rivaroxaban, Dabigatran or Edoxaban, please omit on the day of the procedure**

**IF YOU ARE TAKING IRON TABLETS PLEASE STOP ONE WEEK BEFORE THE PROCEDURE DATE.**

## Do I need to bring anything with me?

Make sure you bring a list of any medications you are taking. It is important to bring asthma inhalers, angina sprays and diabetic medication.

Bring your consent form. You may sign this at home if you feel you have enough information

## Aftercare

After your procedure, you will receive your results, and be free to go home (after Entonox within 30 minutes). The endoscopy report and results of any samples will be sent directly to your own doctor. You may eat and drink as normal after the examination

## Giving Blood after the Procedure

You will be unable to donate blood for 4 months following your procedure. If you have been informed that you have had any biopsies taken, or any polyps removed.

## Interpreters

Unfortunately family members are not allowed to interpret, please contact us on the telephone number provided if you need an interpreter and we will book one for you.

## What are the risks of flexible sigmoidoscopy?

The majority of flexible sigmoidoscopies are very safe and uncomplicated, particularly in community based units like ours. A few people who have the procedure will experience mild abdominal discomfort, such as cramp, soreness in the back passage and loose motions for a few days after the test or slight bleeding from the lower part of the bowel.

Rarely, patients may have a reaction to Entonox, bleeding or perforation (tear in the lining of the bowel wall). These would require admission to hospital for treatment.

Within the Endoscopy Unit, we only remove small polyps to reduce this risk, and refer any large polyps to our colleagues within the hospital. Very rarely an abnormality may not be identified due to poor bowel preparation. This may occur in less than 5% of cases, or where a polyp is smaller than 1 centimetre. Please speak to your endoscopist if you are concerned, or would like more information.

If you would like treatment at the Endoscopy Unit from St James Medical Practice at Dersingham you can contact your GP for a referral.

### The benefits of using the services at our endoscopy unit:

- Short waiting times from the point of referral
- Choice of appointment date and time
- Patient centered environment
- Ample free parking
- Experienced staff working in a dedicated unit
  
- Directly bookable on the 'E-Referral service' available via your GP Practice.

For further information please call the Endoscopy Team on 01553 774 221 option 4.

## About the flexible sigmoidoscopy procedure

A nurse will check your details, blood pressure pulse and allergies and explain the procedure. If you haven't signed your consent form, the nurse or endoscopist will explain and sign it with you. Some people may change into a gown for comfort.

In the procedure room you will be made comfortable on a trolley, lying on your left hand side. If you have chosen to have Entonox (gas and air), it will be given to you now, and we will measure your pulse and oxygen level with a monitor on your finger. To help with the endoscope moving easily round the bowel, you may be asked to turn to your back or other side.

A biopsy (small sample of tissue) may be taken during the examination to be sent to the laboratory for more tests. You cannot feel this being done. The examination takes between 10-15 minutes.

**A nurse will be with you to monitor and reassure you throughout the examination.**