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**FLEXIBLE
SIGMOIDOSCOPY
Easy Read
Information
Leaflet for
Patients and Carers**

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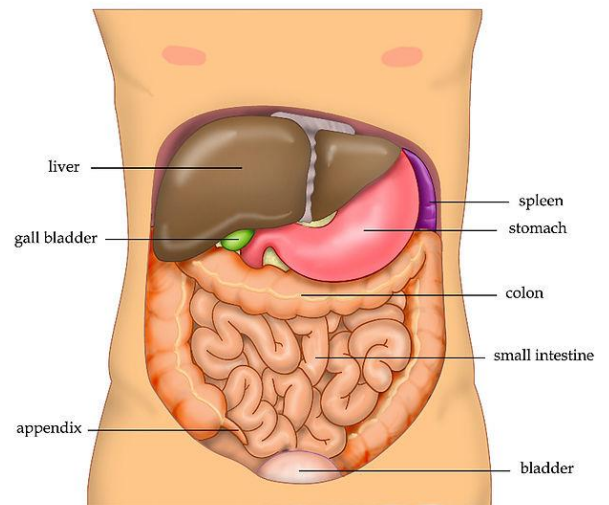
Your Doctor has recommended that you come to hospital for a procedure to have a look into your bottom and around the left side of your bowel.

This is called a Flexible Sigmoidoscopy

Do not eat or drink before your procedure.

Your bowel will need to be cleared prior to the test this can be done with either an enema on the day of the test or bowel cleansing medicine to be taken at home before you come into hospital for the test

You may be given a bowel cleansing medicine to drink before the test this drink will make you go to the toilet lots of times to make sure the bowel is empty



Before the test a nurse will ask you some questions and take your blood pressure, heart rate, temperature and oxygen level

The test can be carried out with gas and air (Entonox) this will help relieve any discomfort you may feel or a conscious sedation (to make you drowsy and relaxed)

A nurse will put a tube in the back of your hand if you are going to have some sedation

A consent form should be signed before the test this allows you the opportunity to ask questions and the risks of the test will be explained. This may be signed by yourself or may require to be signed by someone on your behalf

You will be asked to change into a hospital gown before the test

You will be asked to lie on your left side. The nurse will give you an enema if you have not had the bowel cleansing medication at home.

An enema is a small bottle of liquid. The liquid goes into you bottom, after 2-5 minutes you will need to go to the toilet. This clear out your bowel so the Doctor or specialist Nurse can see inside your body.



You will then be taken into the endoscopy room and asked to lie down on a bed.

The doctor or specially trained nurse will give you some medicine (sedation) into the tube in your hand. It will make you feel drowsy/relaxed. If you have chosen to have sedation

If you have chosen to have gas and air the nurse will show you how to use this.

Your blood pressure, temperature, heart rate and oxygen level will be taken throughout the test

If you are having sedation oxygen via a small tube in your nose will be given

You will lie on your left side with your knees bent up

You may also be asked to change position on the bed during the test as this may help the camera move through the bowel



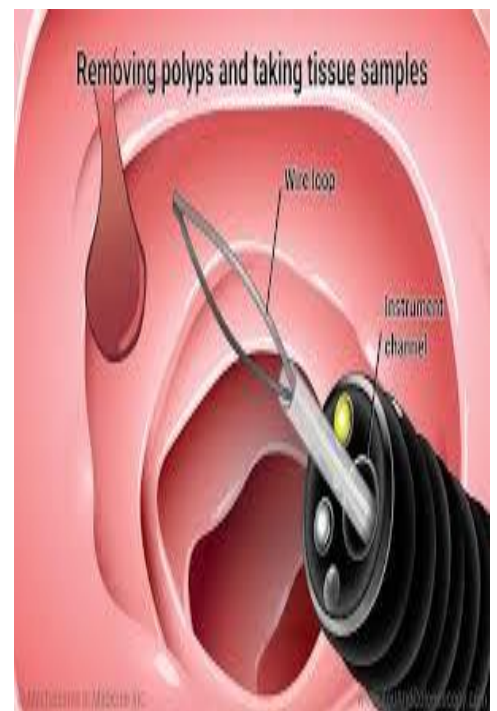
The doctor or specially trained nurse will do a finger examination of your bottom before the start of the test

The doctor or specially trained nurse will put the endoscope into your bottom. This might make you feel like you need to poo. But that's ok, there is nothing in there to come out.

The endoscope looks all the way around your bowel, (Colon)

Small tissue samples (biopsies) of the lining of the bowel may be taken if needed to help find out what is wrong. Small growths called polyps may also be removed if found these are usually not harmful but will be sent off to be tested

You may feel some discomfort during the test this is due to the air being put into the bowel during the test; you may want to try to pass wind or be asked to pass wind to ease the discomfort



When the test is finished you will go to the recovery area, the recovery nurse will take your blood pressure, temperature, heart rate and oxygen level a few times and look after you until you go home.

You will be able to have had a drink and something to eat, then you can go home

The doctor or a nurse will come and tell you what they have been able to see and provide a discharge letter

After the procedure, your tummy may feel bloated for a few hours. This usually goes after you pass wind.

If you have had sedation it is advisable not to drive, drink alcohol, sign any legal documents or go to work for 24 hours

It is normal to see a little bit of blood after the test, if you are worried you can call the nurses on the unit or your GP

The next day you should feel OK.

If you still have tummy ache or feel unwell you can call your GP or 111 for advice





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Making Choices

It is important you know and understand the risks of the Colonoscopy test.

Your Doctor and Nurses make sure everything is as safe as possible for you but sometimes things don't go to plan.

Some of the things that could happen are:

- Problems with your heart or breathing caused by the sedation. Your Doctor and Nurse will monitor you closely.
- A small hole or tear could be made in your bowel. If the doctor or specialist Nurse cannot fix this on the endoscopy unit, you may need surgery to fix this.
- Bleeding



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Polish

W celu otrzymania tego **dokumentu** w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਿੰਟੋ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই **প্রচারপত্রটি** অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį **dokumentą** kitu formatu ar kita kalba, prašome susisiekti su mumis

Information taken from ELHT leaflet E11 Upper CG Endoscopy and Colonoscopy

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Date of Issue: November 2024

Date of Review: November 2025

Version 4 doc ID: ENDO-004-easyguidesigmoid-2024

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