

A guide to Flexible Sigmoidoscopy



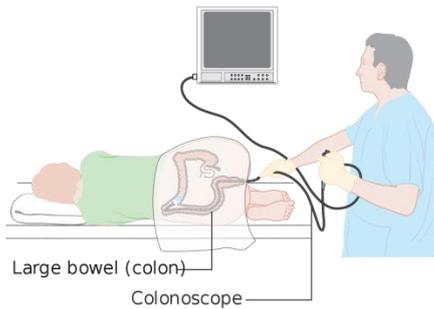
**This leaflet will tell you about the test
and what will happen.**

**If you have more questions please ask
your doctor.**

What is a flexible sigmoidoscopy?



The doctor wants to check to see if everything is ok in your bowel.



The test involves passing a thin tube with a small camera on the end into your bottom.



The test will take around 15-20 minutes.

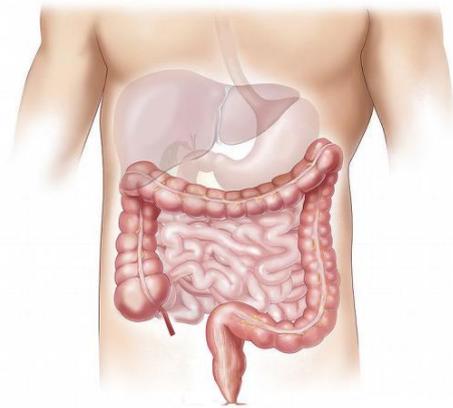
What do I need to do before the test?



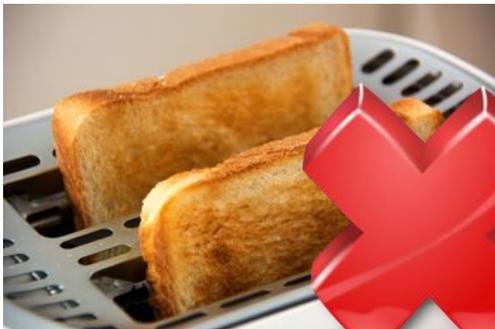
The day before the test you will need to take some medicine.



The medicine will clear your bowels by making you go to the toilet.

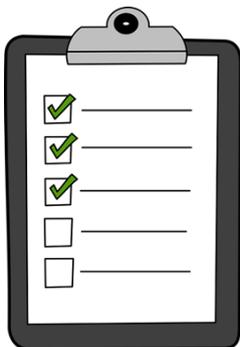


This will allow the doctor to see your bowels more clearly.



After taking the medication you must not eat anything.

You can still drink, and will be told what you are allowed to have.



Ask your GP if you need to stop any medications a few days before.

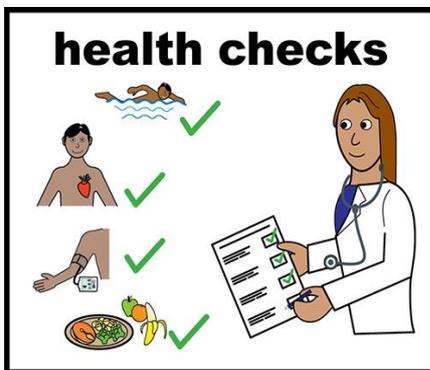
Bring a list of your medicines and any medicine you need while you are here.

What will happen on the day of the test?



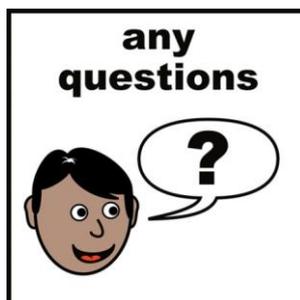
On the day go and tell reception at endoscopy you have arrived.

You can bring a friend or carer.



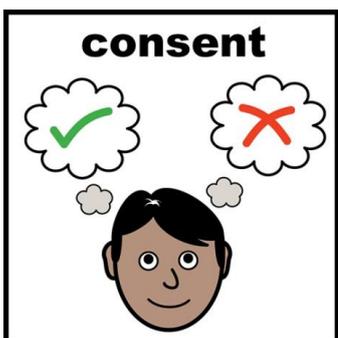
A nurse will talk to you about your health and the test. Please ask any questions you have.

The nurse will measure your pulse, oxygen and blood pressure. This should not hurt.



A doctor will ask if you have any questions about the test.

Again feel free to ask any questions you might have.



You will now be asked to sign a consent form. This means the doctor can do the test.

You can still change your mind at any point.



You will need to get changed into a gown.

A nurse can help you if you need help dressing.



You will now be taken through to examination room.

Don't worry about the machines; they help the doctor carry out the test.

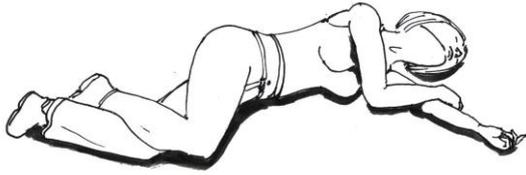


The nurse will put a clip on your finger. It lets them know you are ok.

The doctor will place a needle in your hand in case you need some medicine.



A soft tube may be put in your nose to help you to breathe.



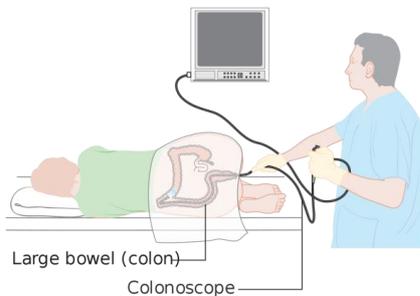
You will need to lie down on your left hand side with your knees bent.

The nurse can help you.



The doctor may give you some medicine through the needle in your hand.

This will make you feel relaxed and maybe sleepy.



The doctor will put a thin tube with the small camera on the end into your bottom and around your bowel. They will use jelly to make it more comfortable.

This camera helps them see inside.



You will feel the camera blowing air into your bowel.

You may feel a little uncomfortable and fart. This is normal so don't feel embarrassed.



If it feels too uncomfortable you can ask the nurse for some medicine which you breath in, or you can ask the doctor to stop.

To do this raise your hand or tell them to stop



The doctor will look at your bowel on a screen.

The camera may be used to take a small piece of bowel (a biopsy).

rest and recovery



You will need to rest in bed for a short time.

Then you will be able to get dressed and have something to eat.

my home



Now you will be able to go home. Your friend or carer should go with you as you may still feel sleepy.

What happens after the test?



If you had medicine to make you feel sleepy it will stop working in about 24 hours. You must have somebody with you for 24 hours after the test.



Before that do not drive or drink alcohol or use machinery.



Your doctor will be told the results of your test.

You might have to go and see your doctor to talk about what was found.

Contact details



For any of these hospitals
Diana Princess of Wales Hospital,
Scunthorpe General Hospital,
Goole & District Hospital

Please call **03033 306999**
and ask for The Endoscopy Unit
(8am – 6pm, Monday – Friday)

If after 6pm, then either contact the on-call GP
or look your discharge letter for a telephone
number to ring