

Having a Sigmoidoscopy



Endoscopy Unit

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی
نەگەر تۆ یان کەسێک کە تۆ دەیناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگەنامە بە تێبگات یان بێخوێنتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر نمو ژمارەیهی سەروددا یان بەو نێمەیلە.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

أردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

Having a Sigmoidoscopy

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Welcome to the Endoscopy Unit. The Unit is situated on the Level 'C' main corridor, next door to the Chapel. The purpose built unit was opened in September 1994, to undertake various endoscopic procedures.

Your appointment is classed as a Clinical Procedure and not an out-patient appointment and you may be in the department for the full morning or afternoon.

Opening Times

Monday to Friday 8.00am to 6.00pm
Weekends & Bank Holiday Closed

Telephone

For general enquiries, both you, your relatives and friends may dial directly to the department's reception desk.

The Reception number is

Rotherham (01709) 424439

If you need to change your appointment, the number is (01709) 427277

Endoscopist

Mrs J D'Silva (01709) 427287

Endoscopy Sisters

Sister J Bonser

Sister L Kinteh

(01709) 424450

Having a Sigmoidoscopy

Please read this information booklet before signing your consent form.

Introduction

You have been advised to have a lower gastrointestinal Endoscopy, to help find the cause of your symptoms. The word “endoscopy” means looking inside and the instrument used is an “Endoscope”.

What is an Endoscope?

An endoscope is a long flexible tube, thinner than your forefinger, with a bright light at the end. The Endoscopist can view the image on a television screen (you can also see the television screen if you want to). Flexible sigmoidoscopy is a limited examination of the left side of the large bowel (colon).

Is there an alternative?

You could have a Barium Enema X-Ray Examination, however a Colonoscopy or Flexible Sigmoidoscopy is a more accurate investigation to find the cause of your symptoms and allows treatment or biopsies to be taken.

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If you are having a Flexible Sigmoidoscopy to allow a clear view, the lower bowel must be empty. This is why you are asked to take a light diet before the test, and a bowel preparation.

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Some Doctors request that you have a packet of laxative fluid (oral preparation).

Please Note: It is important to follow all the relevant instructions correctly.

What about my normal medication?

Most of your normal medication can be taken as normal up to the day of your procedure. However, certain medications may need to be stopped for a short period before the test. In particular:

Iron: If you are on iron tablets these need to be stopped for 1 week before the test. You can start taking them again immediately afterwards.

Diabetes: If you are on tablets or insulin for diabetes, then let the doctor or nurse know, so that you can be given instructions on what to do about your medication.

Anticoagulants or Antiplatelet medication:

If you are on any medications to 'thin the blood' such as aspirin, warfarin, clopidogrel or dipyridamole then please inform the doctor or nurse. How long you need to stop your medication for will depend on your individual circumstances. The endoscopist will tell you afterwards when to restart your medication.'

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On arrival

On arrival, you will have a pre-assessment performed by a nurse. If you are taking iron tablets, you should stop taking them 1 week before your investigation. You can start taking them again afterwards.

Important!

Please tell the nurse or doctor if you:

- Have a medical condition that may be worsened by the test, for example a chest or heart condition, epilepsy or diabetes.
- Have had any allergies, or adverse reactions to drugs or other tests.
- Are on any tablets, medicines or injections, for example insulin or warfarin or antiplatelet drugs such as clopidogrel or dipyridamole.
- Are suffering from an illness, for example cough, cold, sore throat etc.

The procedure will be explained to you and then you will be asked to sign a form giving your consent for the Endoscopy. If you have any questions, please ask.

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How is the Flexible Sigmoidoscopy carried out?

In the examination room, you will change into a gown and made comfortable on a trolley, resting on your left side. A nurse will stay with you throughout the procedure.

The endoscope is gently inserted into your back passage, and gradually negotiated around the bends in the bowel.

A small amount of air is pumped through the endoscope, into the bowel, to help view all the internal surfaces. This air may make you feel slightly bloated, but is usually removed at the end of the procedure.

Is it painful?

No, but you may feel “bloated” due to the air inside your bowel.

How long does it take?

Less than ten minutes, on average, it depends on whether samples (biopsies) have to be taken.

Biopsies

Occasionally it may be necessary to take a biopsy specimen from the bowel lining, for analysis/testing in the laboratory. A very small piece of tissue is removed painlessly, through the endoscope, using tiny forceps.

Polyps

A polyp is a raised area of tissue on the surface of the bowel, sometimes with a stalk. If the doctor or endoscopist sees a polyp, they will remove this using a wire snare and diathermy (an electric current is passed through the snare, and it burns through the polyp, cauterising at the same time). The polyp is then retrieved, and sent to the laboratory for analysis/ testing. Neither a biopsy nor removal of a polyp should normally cause harm to you, and are painless.

Are there any side effects?

If biopsies or polyps are removed, there is a small risk of bleeding (approx. 1/500). In some cases, you may require a further procedure, or occasionally an operation. You may experience a bloated feeling in the abdomen, with discomfort and sickness. These symptoms will soon wear off, and require no medication. There is a very small risk of perforation of the bowel (approx. 1/10,000), which may require an operation.

After the procedure

You will be asked to remain on the unit until any follow-up appointment, tests etc have been made for you, if you require them. When you have had a drink, and you feel alright, you will be able to go home.

When am I notified of my results?

In many cases, the doctor or nurse will be able to give you the results shortly after the end of the procedure. A copy of your report is available. However, if a biopsy or polypectomy have been undertaken, the results may take several days. Details of the results, and any necessary treatments, should be discussed with whoever referred you for the test i.e. your own General Practitioner, Hospital Consultant, or Doctor.

It may be necessary to repeat the Endoscopy at a later date, in order to confirm diagnosis (result), or assess the effects of any treatment prescribed. Repeat examinations are not harmful. If you have any worries, or require further information, please contact the Endoscopy Unit, where the staff will be happy to help, and answer any queries.

If you wish to speak to the Endoscopy Service Manager the number is (01709) 427287

Having a Sigmoidoscopy

How to contact us

Endoscopy Service

Telephone 01709 427287

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

Telephone: 01709 424461

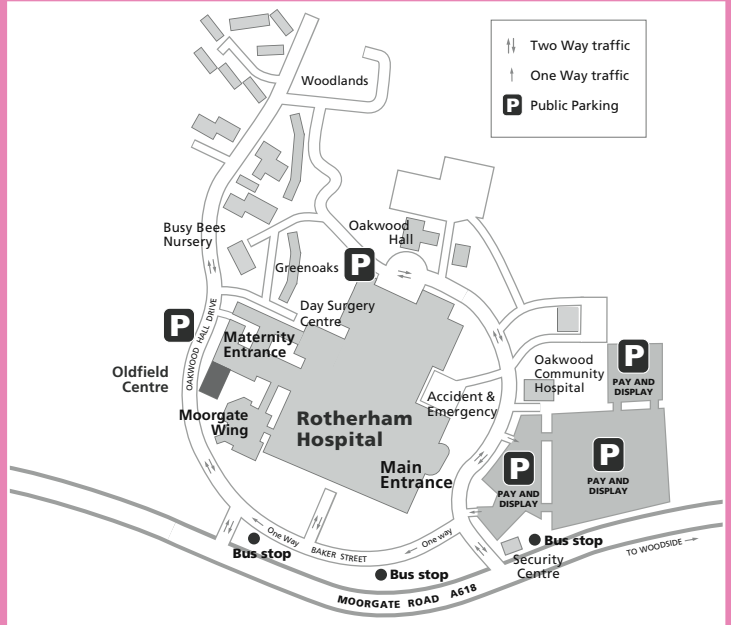
Monday to Friday

9.00am until 4.00pm

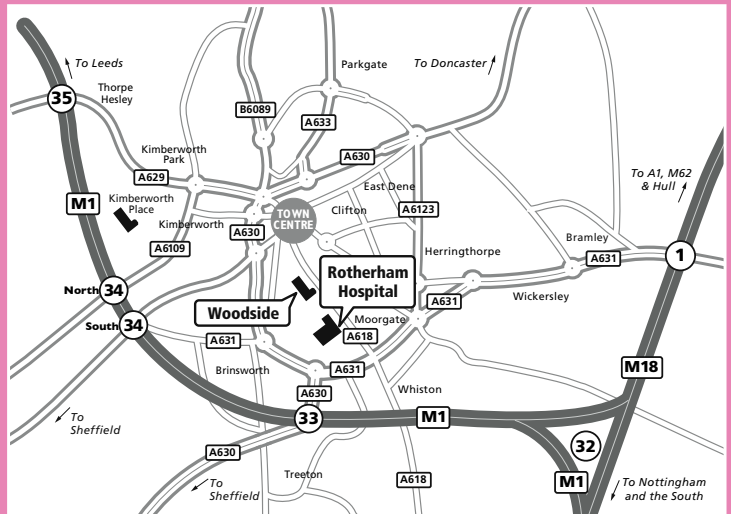
Email: yourexperience@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





LS 160 01/15 V10 Jones & Brooks



The Rotherham **NHS**

NHS Foundation Trust

Rotherham Hospital

Moorgate Road
Oakwood
Rotherham
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www.therotherhamft.nhs.uk

