

Results

At the end of the procedure we will discuss the findings. If a biopsy has been taken, we will inform you of these findings at a later date. You will have the opportunity to talk to a nurse if you have any worries or questions. We will also explain any other tests or treatments you may require.

Contacting us:

If you require any further information regarding this appointment, you can contact us on 01634 825027 from Monday-Friday between 7.30am to 6.00pm.

Out of hours contact Sunderland day case Centre
Tel: 01634 825601

Sunderland Day Case Centre
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PIL00000606-3

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Patient Information

Having a Flexible Sigmoidoscopy



You have been asked to come to the hospital for a flexible sigmoidoscopy to help find the cause of your problems. This leaflet should answer some of the questions you may have about the test and also give very important information about how to prepare for it. For both safety and security reasons please do not wear or bring in jewellery (however wedding rings are acceptable and you will not be asked to remove them).

What is a flexible Sigmoidoscopy?

A flexible sigmoidoscopy is a test that allows us to look directly at the lining of the lower part of the bowel (the sigmoid colon and rectum). A flexible tube is carefully passed through the anus into the large bowel. A light at the end of the tube will allow us to look at the condition of your bowel and check whether or not any disease is present.

Sometimes it is necessary to take a biopsy . This is a small sample of the lining of the bowel which can be examined in a laboratory. This is removed painlessly through the tube using tiny forceps.

On the day of the Examination

You may eat and drink normally on the day of the test. To allow us a clear view it is necessary for us to give you an enema in order to empty the lower part of your bowel. An enema is a small amount of liquid squirted through a little tube up the back passage.

When you arrive at the Hospital

Report to Sunderland Day Case Centre at the time of your appointment. You will be shown to a private room and asked to remove the clothes. The nurse will give you a gown and, a pair of "dignity shorts", to put on, but you may like to bring your own dressing gown to wear. You will be seen by a nurse and they will administer the enema. The enema will make you want to have a bowel movement.

You will have direct access to the toilets. You will then be directed to see the person performing the investigation who will ask you some questions about your health and then examine you on the couch.

Will it Hurt?

The test takes around 15 minutes and once it is finished the tube is quickly and easily removed. It is not necessary to have any sedation for this test. A nurse will stay with you throughout the procedure and explain what is happening. The test may give you some wind-like pains and abdominal discomfort but this should only last a very short time. You may also pass some wind. We understand that this can be very embarrassing but do remember the staff know why this happens. You may feel that you need to open your bowels but as your bowel is empty there is no danger of this happening.

Are there any Risks?

Complications can include persistent bleeding and some perforation of the bowel. An operation may be required to repair the bowel if this occurs. These complications are rare. Flexible sigmoidoscopy is a very good test to help us identify any cause of your bowel problems.

Following the Procedure

You will be able to rest for a while after the treatment and the staff will make you a drink and something to eat. You can then go home and continue to eat and drink normally. You may feel slightly bloated and windy but this normally passes quickly. If a biopsy has been taken you may experience some light bleeding, this is quite normal.