

## DAY SURGERY UNIT

### FLEXIBLE SIGMOIDOSCOPY INFORMATION SHEET

**PLEASE READ THIS, SIGN THE 2 CONSENT FORMS ATTACHED AND BRING THESE WITH YOU ON THE DAY OF YOUR PROCEDURE**

#### Why do I need to have a flexible sigmoidoscopy?

You have been advised to undergo this investigation of the left side of your large bowel to help find the cause for your symptoms and if necessary, to decide on further investigations and treatment. Some reasons for which this investigation may be carried out include:

- Bleeding from the back passage
- To diagnose the extent of inflammatory bowel disease.
- Follow-up inspection of previous disease
- To assess the clinical importance of any abnormalities found on x-ray.

#### What is a flexible sigmoidoscopy?

A flexible sigmoidoscopy is a routine procedure commonly performed as a day case, it normally takes between 10-20 minutes.

This test is a very accurate way of looking at the lining of your left side of your large bowel (Colon) to establish whether there is any abnormality present.

The instrument used in this investigation is called a colonoscope it is a long flexible tube about the width of your index finger. Within each scope is a channel, which allows light to be shone onto the lining of your bowel, and another, which sends pictures back, onto a television screen.

The procedure will be performed by or under the supervision of a trained endoscopist. On the day of your examination if you wish to discuss your clinical care in private please ask.

#### What are the benefits of a flexible sigmoidoscopy?

The instrument allows the Endoscopist to have a clear view of the lining of the colon to check whether or not there is any abnormality present. During the investigation it is possible to take small samples of tissue (biopsies) from the lining of your bowel for examination in the laboratory. Taking biopsies is painless. Polyps (small growths of the bowel wall) can be removed during flexible sigmoidoscopy. Photographs may be taken and kept for your hospital records.

#### What is a polyp?

Author: M WOODWARD, M O'DONNELL.		Date first produced	MAY 07
Approved by: CONSULTANT ENDOSCOPISTS		Date of this review:	Aug 11
Ref. No:	Page 1 of 4	Next review due:	Aug 12
V:\Secure Department Folders\Governance Department\Datix\Jackie K\Word Docs for PDFing\Consent forms\Flexi sig info and consent.doc		Revision no:	5

A polyp is a protrusion from the lining of the bowel caused by abnormal cells. Some polyps look like a grape and are attached to the intestinal wall by a stalk. Some are flat polyps, and are attached directly onto the intestinal wall without a stalk. If found they usually are removed or sampled by the endoscopist as they may grow and cause problems. Removal of a polyp is known as a Polypectomy; this is performed using a specialized instrument that cauterizes the area where the polyp is removed. Cauterizing uses an electrical current to seal tiny blood vessels to minimize blood loss.

### What are the risks of flexible sigmoidoscopy?

Most flexible sigmoidoscopy procedures are performed without any problems.

- Occasionally the colonoscope may cause damage to the bowel wall known as a perforation which is a tear of the lining of the bowel, it is thought to happen in approximately 1 case in 5000. An operation is nearly always required to repair the hole.
- The risk of perforation is higher following the removal of a polyp 1 in 500.
- Bleeding may occur when a biopsy is taken. Typically minor in degree such bleeding either simply stops on its own or if it does not, it can be controlled by cauterization (sealing of tiny blood vessels to minimize blood loss) or by injection treatment.
- The risk of bleeding following the removal of a polyp is higher, it happens in approximately 1 in 200 examinations. Very rarely a blood transfusion or an operation may be needed.

### Is there an alternative to a flexible sigmoidoscopy?

An examination called a barium enema may be recommended; this can provide x-ray images of the colon. This test is less sensitive and has the disadvantage that polyps cannot be removed and biopsies of the bowel cannot be taken if an abnormality is found. If this is the case a subsequent examination with a colonoscope may be required.

### How do I prepare for the investigation?

- You may eat and drink normally before a flexible sigmoidoscopy
- Your routine medication should be taken.

### ANTI-COAGULATION – Warfarin/Clopidogrel

- If you are taking Warfarin you should be contacted by the anti-coagulation clinic before your appointment, they will make arrangements for you to either stop or adjust your treatment. In the event, that you do not hear from the anti-coagulant clinic within 10 days of your appointment please contact your GP, who can refer you for advice.
- If you take Warfarin you will need to have a blood test on the day of your appointment, please arrange to have this taken at the hospital at least one hour before your appointment time.

Author: M WOODWARD, M O'DONNELL.		Date first produced	MAY 07
Approved by: CONSULTANT ENDOSCOPISTS		Date of this review:	Aug 11
Ref. No:	Page 2 of 4	Next review due:	Aug 12
V:\Secure Department Folders\Governance Department\Datix\Jackie K\Word Docs for PDFing\Consent forms\Flexi sig info and consent.doc		Revision no:	5

### **Clopidogrel**

- Please contact the doctor who prescribes the Clopidogrel, for advice with regard to stopping or adjusting your medication, at least a week before your appointment.
- **LATEX** - If you have an allergy to latex please contact the unit before your appointment.

### **What happens when I arrive?**

- The Endoscopist and the nurses will ensure you understand the procedure and discuss any outstanding concerns or questions you may have, when you are satisfied with the information and your questions have been answered you will be asked to sign a consent form.
- Your blood pressure, heart rate and oxygen levels will be recorded.
- The rectum and lower bowel must be empty for the procedure to be complete and accurate. Therefore, shortly before the examination a Nurse will give you an enema, which is liquid solution that is given into the rectum to wash out the bowel. Nursing staff on the ward will also ask you to remove your lower garments and put on a hospital gown before the procedure.

### **Will I be given a sedative?**

Most flexible sigmoidoscopy procedures are generally performed without a sedative. However, if you are feeling extremely anxious this can be discussed with the Endoscopist on the day.

### **What are the risks of sedation?**

Sedation can occasionally cause complications with breathing, heart rate and blood pressure. If any of these problems do occur, they are normally short lived and easily managed by the endoscopy unit staff. Rarely, these complications are more serious, and may need more intensive management.

### **What happens during the Flexible Sigmoidoscopy?**

- The nurse looking after you will ask you to get into a comfortable position on your left hand side with your knees slightly bent.
- First, the endoscopist will do a rectal examination (examination of the back passage with a finger).
- The flexible sigmoidoscopy involves passing the colonoscope through the back passage then manoeuvring it around the first part of the large bowel (sigmoid colon).
- There are some bends that naturally occur in the bowel and negotiating these may be uncomfortable and cause some pain for a short period of time
- A nurse will be with you during the procedure, if you find the discomfort unmanageable the nurse can help you to discuss this with the endoscopist.
- Air is gently passed into the bowel during the investigation to help the passage of the colonoscope. This may make you feel rather bloated

Author: M WOODWARD, M O'DONNELL.		Date first produced	MAY 07
Approved by: CONSULTANT ENDOSCOPISTS		Date of this review:	Aug 11
Ref. No:	Page 3 of 4	Next review due:	Aug 12
V:\Secure Department Folders\Governance Department\Datix\Jackie K\Word Docs for PDFing\Consent forms\Flexi sig info and consent.doc		Revision no:	5

and you may experience abdominal cramping and pressure. You may pass some wind, this is normal and there is no need to feel embarrassed, as the staff will expect this to happen.

### What happens after the Flexible Sigmoidoscopy?

Following the procedure you will be sat up in bed and offered tea and biscuits, you should be ready to go home soon after this.

You may feel a little bloated with wind pains but these usually settle quickly. You may pass a small amount of blood from your back passage if a biopsy was taken, or a polyp was removed.

The Endoscopist or nurse will talk to you following the procedure, explaining what has been found.

If any biopsies have been taken the results usually take 7-10 days to be processed.

Details of the results of the flexible sigmoidoscopy and any necessary treatment will be sent to the doctor whom referred you for the procedure.

You will be given advice on the aftercare following the flexible sigmoidoscopy before you go home.

### If you have had sedation you may take a little longer to recover after the procedure.

- After sedation it is not suitable for you to travel home by public transport.
- You **MUST** arrange for a responsible adult to accompany you home by private car or escort you in a taxi **AND STAY WITH YOU FOR 24 HOURS.**
- You must avoid alcohol for 24 hours following sedation.
- You should not drive; operate machinery; ride a bicycle or sign legally binding documents for 24 hours following sedation as the drugs used remain in your system for up to 24 hours.

Useful web sites for more information are:

[www.patient.co.uk](http://www.patient.co.uk)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

If you would like this leaflet in your own language, in large print, in Braille or audio tape please call 020 8934 2003

Author: M WOODWARD, M O'DONNELL.		Date first produced	MAY 07
Approved by: CONSULTANT ENDOSCOPISTS		Date of this review:	Aug 11
Ref. No:	Page 4 of 4	Next review due:	Aug 12
V:\Secure Department Folders\Governance Department\Datix\Jackie K\Word Docs for PDFing\Consent forms\Flexi sig info and consent.doc		Revision no:	5

Patient  
Sticker

## CONSENT FORM FOR FLEXIBLE SIGMOIDOSCOPY

### Kingston Hospital NHS Trust

#### Patient agreement to endoscopic investigation and/or treatment

Name of procedure(s):

- Flexible sigmoidoscopy
- Inspection of the lower gastrointestinal tract with a flexible endoscope (+/- biopsy, photography)
- Biopsy samples will be kept by the hospital

#### Statement of patient:

- † I **have read** and understood the information in the attached booklet including the benefits and risks.
- † I **agree** to the procedure described in this booklet and on this consent form.
- † I **understand** that you cannot give me a guarantee that a particular person will perform the procedure. The person will, however, have appropriate experience. Where a trainee performs this examination, this will be undertaken under supervision by a fully qualified practitioner.

Signed:.....Date:.....

.....

Name (print in  
capitals).....

**You have the right to change your mind at any time,  
including after you have signed this form.**

**If you would like to ask further questions, please do not sign the form now.  
Bring it with you and you can sign it after you have talked to the doctor or nurse.**

**Confirmation of consent** (Completed by a health professional when the patient is admitted for procedure.)

† I have confirmed that the patient / parent understands what the procedure involves including the benefits and any risks.

† I have confirmed that the patient/parent has no further questions and wishes the procedure to go ahead.

Signed:.....Date:.....

Name (print in capitals).....

Job description.....

### PATIENT COPY

Author: M WOODWARD, M O'DONNELL.		Date first produced	MAY 07
Approved by: CONSULTANT ENDOSCOPISTS		Date of this review:	Aug 11
Ref. No:	Page 5 of 4	Next review due:	Aug 12
V:\Secure Department Folders\Governance Department\Datix\Jackie K\Word Docs for PDFing\Consent forms\Flexi sig info and consent.doc		Revision no:	5

Patient  
Sticker

# CONSENT FORM FOR FLEXIBLE SIGMOIDOSCOPY

Kingston Hospital NHS Trust

### Patient agreement to endoscopic investigation and/or treatment

- Name of procedure(s):
- Flexible sigmoidoscopy
  - Inspection of the lower gastrointestinal tract with a flexible endoscope (+/- biopsy, photography)
  - Biopsy samples will be kept by the hospital

**Statement of patient:**

- † I **have read** and understood the information in the attached booklet including the benefits and risks.
- † I **agree** to the procedure described in this booklet and on this consent form.
- † I **understand** that you cannot give me a guarantee that a particular person will perform the procedure. The person will, however, have appropriate experience. Where a trainee performs this examination, this will be undertaken under supervision by a fully qualified practitioner.

Signed:.....Date:.....  
Name (print in capitals).....

**You have the right to change your mind at any time,  
including after you have signed this form.**

**If you would like to ask further questions, please do not sign the form now.  
Bring it with you and you can sign it after you have talked to the doctor or nurse.**

**Confirmation of consent** (Completed by a health professional when the patient is admitted for procedure.)

- † I have confirmed that the patient / parent understands what the procedure involves including the benefits and any risks.
- † I have confirmed that the patient/parent has no further questions and wishes the procedure to go ahead.

Signed:.....Date:.....  
Name (print in capitals).....  
Job description.....

**COPY FOR THE NOTES**

Author: M WOODWARD, M O'DONNELL.		Date first produced	MAY 07
Approved by: CONSULTANT ENDOSCOPISTS		Date of this review:	Aug 11
Ref. No:	Page 6 of 4	Next review due:	Aug 12
V:\Secure Department Folders\Governance Department\Datix\Jackie K\Word Docs for PDFing\Consent forms\Flexi sig info and consent.doc		Revision no:	5