



All about your Flexible Sigmoidoscopy

EasyRead version for people with disabilities

Flexible Sigmoidoscopy Patient Information

A FLEXIBLE SIGMOIDOSCOPY is an examination of your large bowel

A flexible tube with a light on the end called a COLONOSCOPE is passed through your back passage so see the bowel.

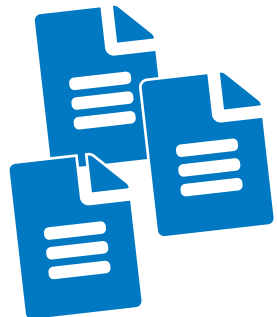
A trained nurse or doctor called an ENDOSCOPIST will carry out your examination.



You can bring someone with you on the day of your appointment.

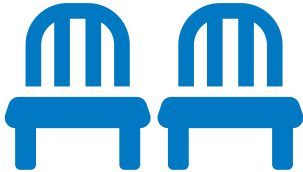
You need to bring these things to your appointment:

1. your consent form
2. your health questionnaire
3. a list of any medication you are taking



Here is what will happen when you arrive for your appointment

You will speak to the person on the reception desk.



You will sit in the waiting room until your appointment time.

The admissions nurse will explain your procedure to you and then you can both sign your consent form.



Don't forget to ask any questions.

The nurse will take you to the preparation room where you will put on a pair of shorts.



You will wait here until the nurse comes to get you for your procedure. If you have someone with you they can wait with you here.

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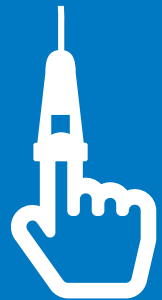
Here is what will happen in the procedure room

The ENDOSCOPIST will talk to you about your symptoms and why you are having your examination.



The nurse will put you on the trolley and you will lie on your left hand side.

You will have a probe on your finger so we can make sure your heart rate and oxygen levels are ok throughout the examination.



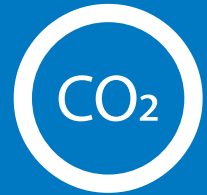
The ENDOSCOPIST will put some gel in your back passage and perform an examination with his/her finger first.



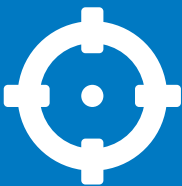
The ENDOSCOPIST will then use the COLONOSCOPE to look into your large bowel. It has a camera and a light at the end of it.

You might be asked to move position so that the ENDOSCOPIST can see your colon better and to make you more comfortable.

We sometimes put gas called CO₂ into the bowel so we can move the COLONOSCOPE more easily. It can be uncomfortable.



If you are finding it painful you can have some gas and air which you breathe in and out through a mouthpiece. The nurse and the ENDOSCOPIST will help you to decide on the day.



The ENDOSCOPIST may have to take a BIOPSY – a small sample of the tissue in your bowel. This will not be painful.

Your examination will take about 10-15 minutes.



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Here is what happens after your procedure

The nurse will walk you out to the recovery room where you can rest.



The ENDOSCOPIST will write up your report while you are resting.

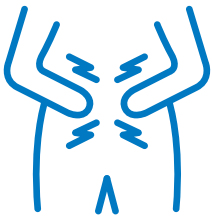
The nurse will talk to you about how to look after yourself in the next hours and days after your examination.



The nurse will give your report to you/your carer.

When you are feeling better you can go home.

If you have had sedation you **MUST** have someone to take you home and for 24 hours you **MUST NOT drive, operate machinery, drink alcohol.**



You might have some tummy pain or wind when you go home. This is normal.

If you have had a BIOPSY you will receive the results in about 4 weeks.



You can eat and drink normally after your examination.



InHealth | Beechwood Hall | Kingsmead Road
High Wycombe | Bucks | HP11 1JL

T: 01494 560000 | F: 01494 560056
info@inhealthgroup.com
www.inhealthgroup.com

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