

**NHS Forth Valley
Endoscopy Department**

Rapid Access Colorectal Clinic

Patient Information Leaflet

A large, light blue decorative graphic consisting of two wavy, overlapping shapes that resemble a stylized wave or a ribbon, positioned at the bottom of the page.

Introduction

Your GP has referred you with bowel symptoms to the Rapid Access Colorectal Clinic. Please read all enclosed information about this clinic.

It has been found necessary for you to undergo a flexible Sigmoidoscopy. This test involves passing a flexible tube with a light on the end, into your back passage to look at the lower part of your large bowel. This procedure can be a bit uncomfortable but most people manage this test **without** sedation. Sedation **will not be offered** at this clinic. The test itself takes 5-10 minutes but you may be in the department for 2-3 hours.

Preparing for the Investigation

There is no need to fast before this test. You may have a light lunch before you arrive, unless taking Picolax, then follow picolax instructions.

On arrival you will be met by a Nurse who will take a short history and then prepare you for a flexible Sigmoidoscopy.

It is very important that your bowel is as clean as possible.

Please follow bowel preparation instructions if enclosed. If this is not supplied your Nurse will give you a small enema into the back passage, this will encourage your bowel to move.

Your appointment time allows us time to prepare you for the test.

Please inform us before your appointment if you think you may be pregnant.

After your history and preparation is complete you will be moved to the main trolley area and asked to change into a gown if you have not already done so. You will then be seen by a member of the surgical staff who will examine you and carry out a flexible Sigmoidoscopy.

What about my Medication?

Please stop taking any iron tablets or bulking agents such as Fybogel or Regulan at least one week before the appointment.

Please bring all your medications with you.

The Investigation

The purpose of the procedure is to try and find the reason for your symptoms. We may take some specimens from the lining of the bowel for examination. If there are any small polyps or growths found, we may try to remove them or take a 'biopsy', (this is a painless sample taken from the lining of the bowel for examination in the laboratory).

The procedure takes from 5-10 minutes. It is difficult to predict how long each procedure will take so we apologise if there is any delay before your procedure is carried out. A nurse will stay with you during the test to monitor and record your general condition.

Complications

Flexible Sigmoidoscopy mainly checks the left side of the colon where 80% of problems occur. The risks of complications are rare. Perforation of the bowel is rare but occurs in approximately 1 in 5000 procedures. This may require an operation to repair, and as with any other surgical procedure, can be a risk to life. Bleeding following the removal of a polyp or biopsy is also rare, but the risks are increased if you are taking anticoagulants eg. Warfarin tablets and if so, we may need to reschedule the procedure for another day.

Your need for this procedure should be weighed up against the possible risks and complications. Your GP can help you with this decision.

After Effects

Patients commonly find some mild abdominal discomfort after the procedure that usually settles in 1-2 days.

Contact Us

If you have any queries, please do not hesitate to contact us Monday – Friday on:

Forth Valley Royal Hospital
01324 567674 or 01324 566620

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call **01324 590886 (9-5) to arrange this or email fv.disabilitydepartment@nhs.scot**

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This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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