

**THE MOST IMPORTANT
THING WE DO IS PROVIDE
THE BEST HEALTHCARE
AND MEDICAL SERVICES
FOR OUR PATIENTS
IN A CARING AND TIMELY WAY**

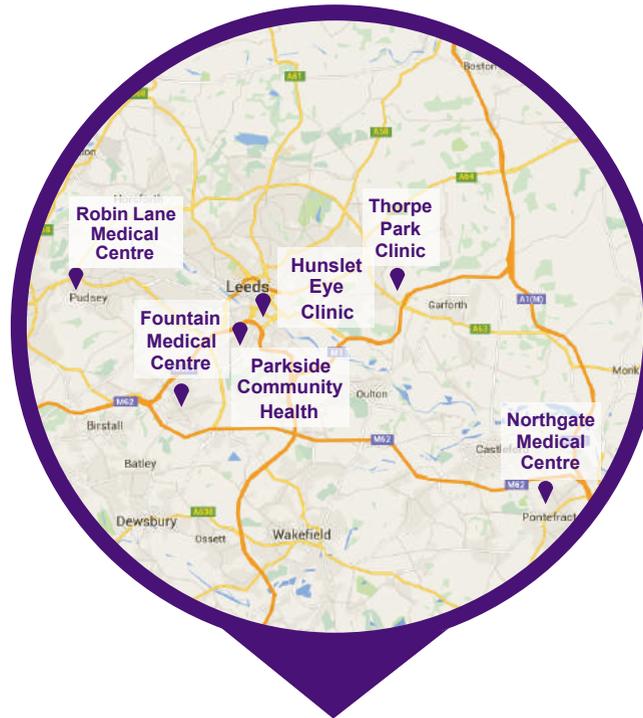
For any further
information on your
appointment or our services,
please call our booking office
number on

0113 249 4655

or email us on

email@livingcare.co.uk

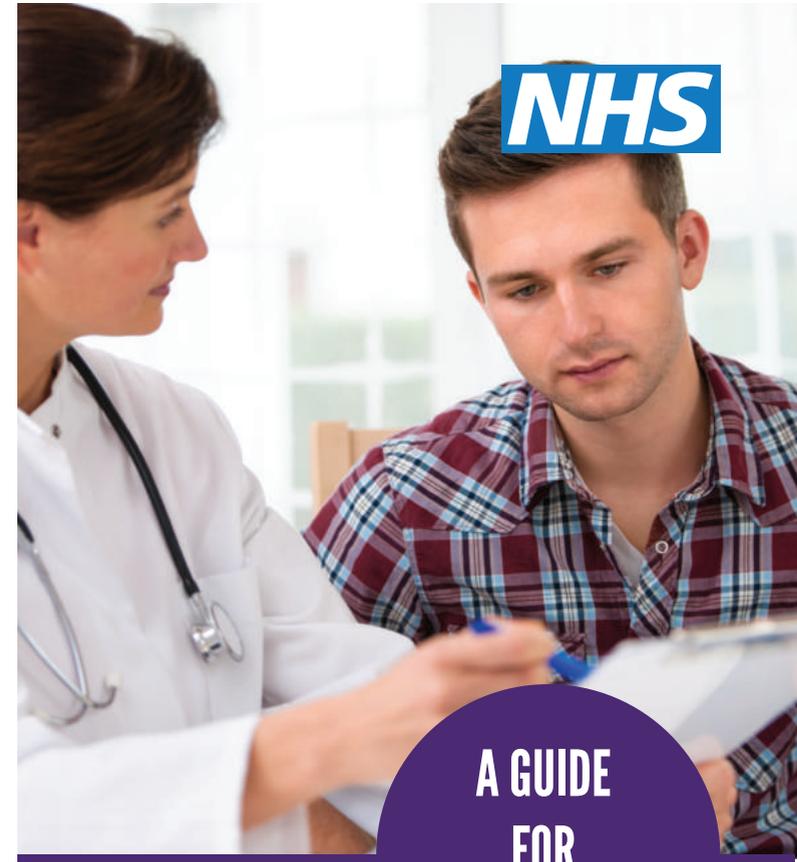
where our friendly and
efficient staff will do
their very best
to assist you



**YOU CAN FIND ALL INDIVIDUAL CLINIC MAPS,
DIRECTIONS AND BUS ROUTES ON
WWW.LIVINGCARE.CO.UK
UNDER 'PATIENTS'**



LivingCare is the trading name for Fountain Diagnostic Limited and Leodis Care Limited. Fountain Diagnostic Limited whose registered office is at 96 Marsh Lane, Leeds LS9 8SR and registered number is 05814528. Leodis Care Limited whose registered office is at 5-7 East Park Road Leeds LS9 9JD and registered number is 06442564



**A GUIDE
FOR
PATIENTS**

FLEXIBLE SIGMOIDOSCOPY
YOUR APPOINTMENT AT LIVINGCARE.



SIGMOIDOSCOPY

PATIENT INFORMATION.

Flexible sigmoidoscopy is used to diagnose symptoms affecting the bowel including bleeding from the lower bowel. The test allows the doctor to look into the rectum and lower bowel and to take biopsies (samples) as necessary.

WHAT ARE THE AIMS OF THE TEST?

Flexible sigmoidoscopy is used to help the diagnosis of bleeding from the lower bowel. It can also be used as part of the investigation of other bowel related symptoms. It provides direct views of the lower bowel and allows digital photographs and biopsies to be taken as necessary.

PREPARATION FOR YOUR SIGMOIDOSCOPY.

Stop taking any medication containing iron at least three days before the test.

Eat only a light evening meal on the day before the test and a light breakfast and lunch on the day of the test.

It is essential that you administer the enema you have received two hours before leaving home for your appointment. This will ensure your lower bowel is empty and the test can be carried out effectively. Please see the enclosed leaflet on enemas.

WHAT SHOULD I EXPECT ON THE DAY?

When you arrive you should report to the main reception where you will be registered and directed to a waiting area. You will be collected from here by the department's pre-assessment nurse who will take a brief medical history, record your blood pressure and discuss the test with you.

You will be asked to sign a consent form, and the doctor will check this with you before you have the test. You will be asked to change into a clinical gown before the test.

DURING THE PROCEDURE.

Anesthetic is not necessary for a sigmoidoscopy. The test can be a little uncomfortable and patients often feel bloated, but these symptoms are not severe and quickly clear after the test.

An experienced nurse will look after you throughout the test. She will ensure you are lying in the correct position and will also help the doctor.

A long, smooth, flexible tube (approximately the thickness of a finger) will be inserted into the anus and advanced into the bowel. When indicated, biopsies (small tissue samples) are taken using tiny forceps.

If the cause of symptoms is found to be haemorrhoids (piles) the doctor may offer to treat these by injection. This is not a painful procedure, though can cause mild discomfort.

A sigmoidoscopy generally takes between 10 and 20 minutes.

WHEN WILL I GET MY RESULTS?

The doctor will give you a brief summary of the results before you leave. A full report will be sent to your GP or consultant, together with the results of any biopsies. You should make an appointment to see your own doctor to discuss these results and any treatment you may need approximately 2 Weeks after the test.

ARE THERE ANY SIDE EFFECTS?

Some lower abdominal discomfort and a sensation of bloating are very common, but they generally subside within a few hours.

You may have diarrhoea which can last one to two days

RARE SIDE EFFECTS

More serious complications such as haemorrhage and bowel perforation have been reported but are extremely rare.

IS THERE AN ALTERNATIVE?

A CT scan or a barium enema can be useful but do not provide the same information.

**MISSED PATIENT APPOINTMENTS
ARE COSTING THE NHS
A HUGE 7 BILLION POUNDS
PER YEAR!**

If you are unable to make your appointment - please contact us on **0113 249 4655** or text **07713 198617** and we will happily rearrange or cancel for you.

