



PATIENT INFORMATION

Having a Flexible Sigmoidoscopy using Klean Prep

Flexible Sigmoidoscopy

This information is for patients who are having a flexible sigmoidoscopy. It tells you what is involved and any significant risks which may occur. The test itself will last about 10-15 minutes and you will normally be able to go home approximately 1 hour later.

What is a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy is the name given to the examination of the lower part of your large bowel (colon). A thin, highly flexible tube (colonoscope) is passed gently into your back passage (anus) and manoeuvred around the lower part of your bowel. This will give the doctor a clear detailed image of your bowel.

What does the examination involve?

- The Endoscopist doing the examination will discuss it with you and ask you to sign a consent form confirming that you understand and agree to go ahead with it. You are free to ask for more information at any time.
- You will need to undress and wear a hospital gown along with a dressing gown. You will be offered disposable shorts to wear.
- You may be offered Entonox (gas and air). Then with you lying on your left hand side the endoscopist will gently insert the endoscope into your anus and up into the bowel. **This test may cause some discomfort** due to the bowel being gently inflated to expand it so that the lining can be seen clearly. We now use carbon dioxide (CO₂) instead of air to do this, and this has proved to be much more comfortable.
- A **biopsy** (a small sample of tissue) may be taken during the flexible sigmoidoscopy to be sent off to the laboratory for further testing. This will not cause you any pain.
- The nurse will be with you during your test - you will be able to talk to them.
- At the end of the test the colonoscope is easily removed.

How do I prepare for the test?

If you take Insulin for your diabetes, please inform the diabetic nurse on ☎ (01803) 655525.

If you take tablets for your diabetes – **DO NOT** take them if you are not eating
If you are on Warfarin / Clopidogrel please inform the Endoscopy Unit on ☎ (01803) 654864 / 655955

It is important for this test that your bowel is empty. In order to achieve this please read and follow the instructions below:

You will receive 3 sachets of preparation to be taken. Please follow our advice carefully in order to ensure an empty bowel. This will allow a complete examination. When taking these preparations some intestinal cramping is normal. If you feel clammy and faint or if you vomit please take no more preparation and ring the contact details at the end of this leaflet or your own GP for advice.

5 days before _____

If you take iron tablets or medications to control diarrhoea please stop taking them until after your examination. You should continue to take any other medication.

2 days before _____

Follow the advice on this leaflet, continue to eat **normally** but avoid high-fibre foods and choose low-fibre alternatives. You may find the information below, helpful in choosing your diet during your preparation for your bowel examination.

Choose	Avoid
Cereals: cornflakes, Rice Crispies [®] , Ricles [®] , Sugar Puffs [®] , Coco Pops [®]	Wheat Bran [®] , All Bran [®] , Weetabix [®] , Shredded Wheat [®] , Oat Bran [®] , Branflakes [®] , Wheatflakes [®] , muesli, Ready Brek [®] , porridge
white bread (you may use butter / margarine)	wholemeal, high-fibre white, soft grain or granary bread, oatbread
white pasta, white rice	wholemeal pasta, brown rice
white flour	wholemeal or granary flour, wheatgerm
potatoes (no skin)	fruit and vegetables
Savouries: chicken, turkey, fish, cheese and eggs	all red meats
Puddings, pastries, cakes, etc: Milk puddings, mousse, jelly (not red), sponge cakes, madeira cake, Rich Tea [®] , Marie [®] or wafer biscuits	those containing wholemeal flour, oatmeal, nuts, dried fruit, etc. fruit cake, Ryvita [®] , digestives or Hobnob [®] biscuits
Preserve and sweets: sugar, jelly jam, jelly marmalade, honey, syrup, lemon curd.	jam or marmalade with pips, skins and seeds, sweets and chocolates containing nuts and / fruit muesli bars
Soups: Clear or sieved soups	chunky vegetable, lentil or bean soups.
Miscellaneous: salt, pepper, vinegar, mustard, gelatine, salad cream, mayonnaise	nuts, Quorn [®] , fresh ground peppercorns, houmous

For morning appointments

1 day before _____

- You may continue to eat as yesterday until **2pm**, and then you should stop eating solid food until after your appointment. You should drink plenty of clear fluids (aim for 2 cups an hour) and try to vary the drinks you take. You may continue to take fluids right up until your appointment time. Please avoid drinks containing milk or cream. Soups are allowed as long as they don't contain thickening agents.
- If your appointment time is before **12 midday**, take the first sachet of **Klean Prep at 2pm and the second at 4pm. Then take the third sachet at 6pm.**

For afternoon appointments

1 day before

- You may continue to eat as yesterday until **6pm**, and then you should stop eating solid food until after your appointment. You should drink plenty of clear fluids (aim for 2 cups an hour) and try to vary the drinks you take. You may continue to take fluids right up until your appointment time. Please avoid drinks containing milk or cream. Soups are allowed as long as they don't contain thickening agents.
- If your appointment time is **after 12 midday**, take the first sachet of **Klean Prep at 4pm and the second at 6pm. Then take the third sachet at 8am on the day of your procedure.**

Instructions for taking Klean Prep

- Dissolve the contents of each sachet in 1 litre of water, store it in the fridge and drink chilled at a rate of 1 glass every 10-15 minutes.
- You should experience frequent bowel actions followed by diarrhoea 1-2 hours after taking Klean Prep.
- You may find that applying a small amount of Vaseline® / Sudocreme® to your back passage (anus), prevents discomfort during the bowel preparation.
- Some intestinal cramping is normal but if you feel clammy and faint or if you vomit please take no more preparation and ring the Endoscopy Unit helpline on ☎ (01803) 654863, over the weekend please telephone switchboard on ☎ (01803) 614567, and ask for bleep number 110.

The day of your examination _____

It is essential that you drink plenty of fluids (water / clear sugary drinks, eg lemonade) to avoid becoming dehydrated, right up until your appointment time. You are welcome to bring a bottle of soft drink to your appointment.

It is important that some of your clear fluids contain carbohydrates. The following list will help you:

Each of the following contain 10g carbohydrates

Ordinary Lemonade
200ml

Ordinary squash
(made up as $\frac{1}{4}$ squash
and $\frac{3}{4}$ water) 100ml

Ordinary jelly
(small portion) 75g

Ordinary coke
100ml

Enlive® 50ml

Ordinary Lucozade®
100ml = 1

Other clear fluids (these do not contain carbohydrates)

Tea/Coffee (no milk)

Bovril®

Sugar free and
diet drinks

Water

consommés

Use the clear fluids that contain carbohydrates to ensure your blood glucose levels stay above 4mmol/l.

What will happen when I arrive?

An endoscopy nurse will care for you from your arrival through to your discharge from the Unit. The nurse will explain the test to you and check your details including blood pressure and pulse.

Jewellery and decorative piercing should ideally be removed. If you cannot remove your jewellery, it can be covered with tape, but please inform us when you see the nurse on the day of your procedure. Please inform us also of any coloured tattoos.

What happens after the examination?

- You will be able to get dressed straight after the test.
- Your nurse will speak to you after the test but biopsy results will be reviewed within a few days. If you have not heard from the Consultant after 3 weeks, you can call your GP surgery for any biopsy results.
- You will be offered some refreshment and be discharged home as soon as you are ready to go.
- You will be given a copy of your report, which we will also send on to your GP.

How will I feel when I go home?

- You may have some discomfort for the rest of the day in the form of wind, bloating and may have a little bleeding but this will pass.
- You may eat and drink as normal when you leave the unit.

Are there any risks?

This examination is very safe; however, there is a small risk of:

- **Peritonitis:** It is possible to damage the large bowel lining by making a small hole. This allows bowel contents to escape so causing inflammation in the abdomen (peritonitis). An operation is nearly always required to repair the hole. The risk of this happening is approximately 1 in every 2,500 tests.
- **Bleeding:** If a polyp is found this will need to be removed as some polyps can become cancerous if not treated. Removing them eliminates this risk. Polyps are removed using a small electrical current to burn through the base and separate it from the bowel wall.
When polyps are removed, there is a small risk of bleeding (approximately 1 in every 150). Bleeding can occur up to 7-10 days after polyp removal. Bleeding often settles without treatment, but if it continues it may be necessary to return to the hospital for reassessment.

Please speak to the Endoscopist before the examination if you have any worries about these risks.

Useful contacts

If you have any further questions or concerns, please contact:

The Endoscopy Unit
☎ Tel (01803) 654864/655955
(8.30am – 4.30 pm, Monday to Friday)

If you have any urgent concerns outside of these hours
please phone the switchboard
☎ Tel (01803) 614567
and ask for bleep number **110**

Torbay Hospital is a Regional Training Centre for Endoscopic Procedures.

Doctors training in Endoscopy at many different levels attend our lists and will be involved in your care under the direct supervision of experienced Consultants.

If you do not wish to be involved in training these experts of the future, please let us know by contacting our Booking Office on the numbers above.