

Flexible sigmoidoscopy with enema preparation

Cornwall Bowel Cancer Screening

About this leaflet

This leaflet contains important information about how to prepare your bowel prior to having your flexible sigmoidoscopy.

Please read this leaflet carefully and follow the instructions that apply to the timing of your hospital appointment.

How do I prepare for it?

- You can continue to eat until 4 hours before your appointment time.
- **Do not have anything to eat after:**
- **You can continue to drink still water but no other liquids.**

Will I need any sedation?

Flexible sigmoidoscopy is not painful but may be a little uncomfortable, it is not usually necessary to have sedation. (There is a separate information leaflet available about sedation and the alternatives.)

If you are particularly anxious and choose to have sedation you should not drink for 2 hours before your appointment time.

If you would like sedation please do not drink any fluids after:

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What about my usual medications?

Continue to take your normal medication. If you take medications that thin your blood the Specialist Screening Practitioner (SSP) should have discussed this with you and advised you when to stop.

What should I bring with me?

Please bring with you a dressing gown and slippers.

What will happen?

Flexible sigmoidoscopy takes about 10 – 20 minutes but may take longer if we are planning to remove large polyps or several small polyps. The SSP will have discussed the reason for this procedure with you.

You will be given an enema by the nursing staff when you are admitted. This is a small tube that goes into your rectum (bottom) and releases fluid which should make you go to the toilet within a few minutes. This cleanses your lower bowel so that it can be seen clearly, which should enable us to perform the test satisfactorily.

Contact us

If you have an illness that might mean you are dehydrated please contact the Bowel Cancer Screening office on 01872 252076 to ensure that it is still safe to have the test.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793