



**Southport and  
Ormskirk Hospital**  
NHS Trust

# **PATIENT INFORMATION (Easy Read)**

## **Flexible Sigmoidoscopy without Sedation**

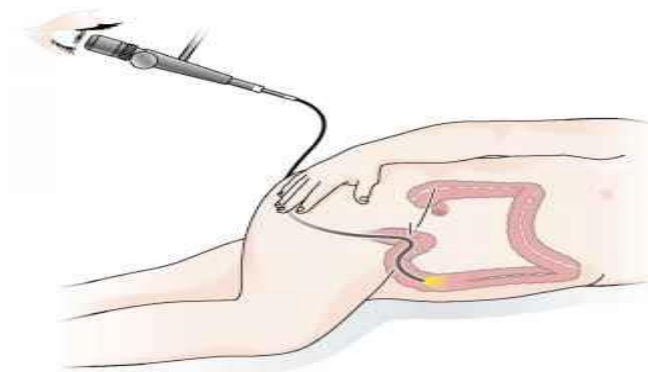


This booklet uses easy words and pictures to help you get the information you need about having a Sigmoidoscopy.

You may find it helpful to ask someone to read this booklet with you.

Looking up your bottom to check your lower bowel or rectum is called a **flexible sigmoidoscopy**.

The doctor can do this by putting a tube with a very tiny camera on it up your bottom.



Your doctor may send you for this test if you have symptoms such as:

- Bleeding from your bottom
- Needing a poo more often than usual or diarrhoea.

## **Before your test**

If you are asked to come to hospital for a sigmoidoscopy there are some things you will be asked to do before you come:

- You may be asked to change what you eat and drink before you go for your test.
- You may also be asked not to eat or drink anything for a few hours before your test.
- Your doctor or nurse will tell you more about what you need to do

For the test your back passage ( rectum) needs to be empty. Your nurse will give you an enema and this will make you need to go the toilet.

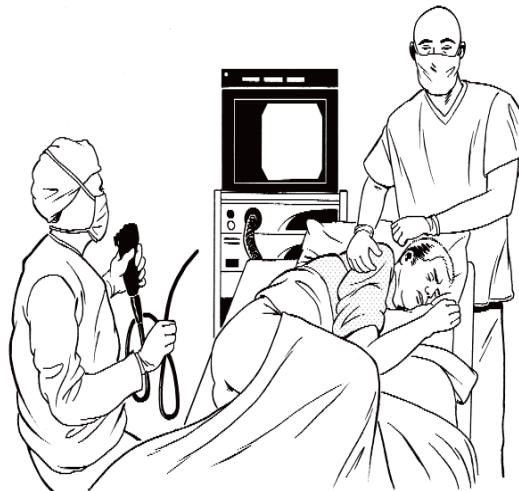
## Having your test

The test does not take long and you will only have to visit the hospital and you will not need to stay overnight.

You will be asked to get undressed and put on a hospital gown and lie on a bed.



The doctor or nurse who is doing the sigmoidoscopy will ask you to lie on your side. This is so they can put the camera into your bottom and up into your lower bowel.



It can be a bit of a shock when the tube goes into your bottom but it shouldn't hurt....Tell the doctor or nurse if it hurts too much.

The tube has a tiny camera and light on the end of it so that they can see the inside of your bowel and check for anything that may be wrong.

Some air will come out of the camera to open up your bowel. This helps the camera see more easily.

This can feel very strange and you may feel as if you want to go to the toilet. You don't have to worry about this feeling as it is just the air and there is no need to go to the toilet.

## **After My Test**

- When they have finished the test you will be able to stay lying down, you may be able to have something to eat and drink.
- You might have some air coming out of your bottom. This is normal after the test and will soon pass. This may also make your stomach uncomfortable for a few hours.
- Your doctor or nurse will be able to talk to you about your results.

## **Things to remember..**

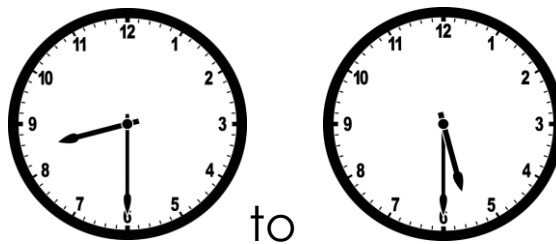


Your stomach may feel uncomfortable for a few hours. If the pain gets worse and you are also passing blood from your bottom please ring the endoscopy suite or your doctor for advice.

If you have any questions before or after your test please telephone the Endoscopy Suite.

## **ENDOSCOPY SUITE CONTACT TELEPHONE NUMBERS**

Monday to Friday from 8:30 in the morning till 5:30 at night.



01695 656460 (Ormskirk)  
01704 704368 (Southport)



If you need to speak to someone at night please ring your own GP, NHS 111 or visit your nearest Accident and Emergency Department.

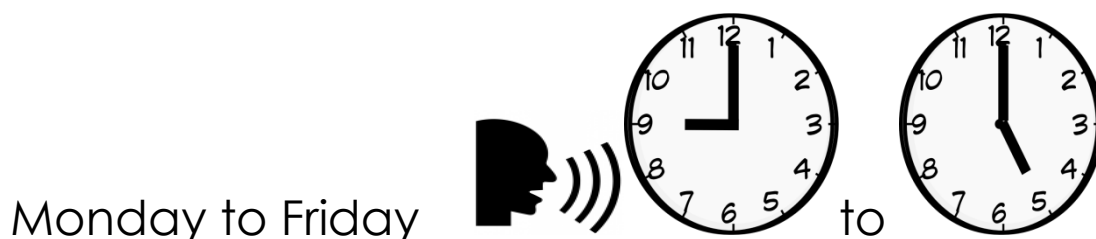


During your visit to the hospital with us, it is important that you are happy with your care and treatment.

If you are not happy, please speak to the nurse in charge if you are worried or have any questions.

## MATRON

A Matron (who is a senior nurse) can also talk to you.



## **INFECTION PREVENTION REQUEST**

Whilst visiting the hospital we ask patients and visitors to help us to prevent infection.

You can help by cleaning your hands regularly.



If you are unsure that a member of staff caring for you have washed their hands, please ask them. They will be happy to wash their hands so that you can see them.

*Adapted from:*

*Southport and Ormskirk NHS Trust – Patient Information  
– Sigmoidoscopy with sedation*

*Joanna Sutton Colorectal nurse specialist nurse.*

*CHANGE Cancer services easy read booklet. Having a  
Colonoscopy Diagnosis and Treatment† (2014)*



Please ring 01704 704714 if you need this leaflet in an alternative format

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Tel: (01704) 547471

### **FOR APPOINTMENTS**

Telephone (01695) 656680

Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Learning Disability and Autism Nurse – 01704 705248  
[soh-tr.learningdisabilityliaison@nhs.net](mailto:soh-tr.learningdisabilityliaison@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

[southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

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