

HAVING A FLEXIBLE SIGMOIDOSCOPY

To enable us to carry out the examination successfully the lower part of your bowel needs to be clear of any waste material. To do this it is necessary to empty your bowel prior to the procedure. Instructions have been provided on how to take your Senna tablets and Citramag bowel cleanser, please follow these to ensure your bowel is prepared for your procedure.

**Please ensure you only follow the instructions for your bowel preparation and your procedure that are supplied by Chartwell Hospital.
Do not follow any instruction leaflet included with your bowel preparation, these are just those supplied by the manufacturer of your medication.**

Sedation is not normally given for this procedure which takes approximately five to ten minutes. You should be able to go home shortly after the test has been completed.

If you are taking iron tablets please stop taking them 7 to 10 days prior to the test.

You should take your normal medication on the day of the test.

If you are unable to attend please telephone Chartwell Private Hospital on 01702 478885

What is a Flexible Sigmoidoscopy?

Sigmoidoscopy is a test which allows the doctor to look directly at the lining of the lower part of the large bowel (sigmoid colon). In order to do the test, a flexible Endoscope is passed through the anus (back passage) and into the bowel.

The Endoscope is a flexible tube about the thickness of your index finger with a bright light on the end. The doctor can see the lining of the bowel and can check whether any disease/cause for your symptoms is present.

If you wish to view a short video about this procedure please visit our website www.chartwelldiagnostics.co.uk

From the main menu select: Our services/Gastroenterology

View Flexible Sigmoidoscopy Procedure 'What you need to know'

Biopsy

Sometimes the doctor will take a biopsy to be analysed in the laboratory. A biopsy is a small sample of tissue that is removed painlessly through the endoscope using tiny forceps.

It is also possible to remove polyps during the sigmoidoscopy. Polyps are small growths that can occur in the bowel, however the majority of polyps are benign.

Final results from biopsies or polyp removals will be assessed by your Endoscopist and then forwarded to your GP. These results can take several weeks to come through. You should discuss details of these results and any further treatment with your GP.

You are advised not to fly within three days after your procedure.

If you wish to comment or complain about any aspect of our services, please address your comments to:

Richard Parsons
Healthcare Director
Chartwell Private Hospital
1629 London Road
Leigh on Sea
Essex
SS9 2SQ

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